PLAN FOR REXDALE CRICKET GROUND, PG 3

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CAMPAIGN A rural Chinese county said yesterday it had backed away from a rule urging its officials to smoke a certain amount of local cigarettes to boost tax income after it was reported in a newspaper.

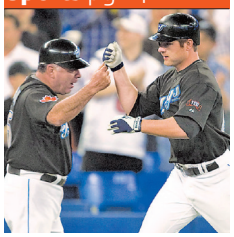
The paper said officials in Gongan county in central Hubei province were encouraged to smoke more than 230,000 packs of locally produced cigarettes a year.

It said departments whose officials smoked cigarettes from outside the county were to be fined. THE ASSOCIATED PRESS

Travel pg 26

Shop till you drop in London

Sports pg 14



Jays roll lucky sevens

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Music **Touring T.O.**

MUCH MUSIC PHOTO

Pete Wentz, left, and Patrick Stump of the band Fall Out Boy talk with MuchOnDemand yesterday at MuchMusic. The band was in town to play a concert last night at the Ricoh Coliseum as part of its The Believers Never Die Part Deux tour.

Beach treasures

Plan calls for more promotion of Ontario shorelines

Better promotion of Great Lakes beaches and shorelines as marquee tourist destinations in Ontario might help protect them from further deterioration, a report released yesterday suggests.

The five-point plan, produced by a group of Ontario mayors, calls for more public appreciation and engagement about the waters, which contain about one-fifth of the world's fresh surface water and 95 per cent of North America's supply.

"(The report) is about creating a partnership to ensure that these incredible treasures that we have ... are preserved and enhanced."
Mayor David Miller

"There may be no better way to strengthen the public's connection to the Great Lakes than to enhance and promote beaches and other shoreline activities such as wetlands, natural areas and trails," states the report, which was presented at the inaugural Provincial-Municipal Great Lakes Summit in Toronto.

There's no question people value their waterfronts and are passionate about keeping them clean, said Toronto Mayor David Miller.

"They expect leadership about water quality and beach quality issues, and every time we're about to make a beach swimmable or provide access to the water, by building a boardwalk for example, people come in droves," he said.

"(The report) is about creating a partnership to ensure that these incredible treasures that we have — and the economic and recreational opportunities that come with it — are preserved and enhanced." THE CANADIAN PRESS

Key chain defence doesn't fly with court

Ontario's top court isn't buying an argument that a man's exposed penis was, perhaps, just a wooden key chain.

Roger Potvin was convicted for committing an indecent act in a public place after a judge found he exposed himself in Ottawa to a woman who came to his car to offer him directions in July 2006.

At trial, the judge dismissed a defence argument that the woman may have, in the dark, mistaken the key chain for Potvin's penis — which the woman inadvertently poked when Potvin removed a map from his lap.

Yesterday, the Ontario Court of Appeal upheld the conviction for which Potvin was handed a nine-month jail term and three years' probation in 2007.

The wooden key chain hypothesis, the Appeal Court found, was "entirely speculative and unsupported by any evidence." THE CANADIAN PRESS

His side

• At his trial, Roger Potvin presented a different version of events. He testified he pulled over to examine a piece of paper and the woman, of her own accord, tapped on his window and asked if he was lost. When he rolled down the window, the woman grabbed the paper and a tug of war ensued, with the woman accusing him of being a thief, Potvin told the court.

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Toronto's first community orchard will be planted in a pruned-down form
After a community backlash against plans for 40 fruit trees in their small park near Allen Road and Eglinton Avenue West, Coun. Joe Mihevc announced a compromise: 14 fruit trees and nine flowering and shade trees. TORSTAR NEWS SERVICE

Local

Alomar suit settled

Former Blue Jay Roberto Alomar and his ex-girlfriend have apparently settled her explosive lawsuit alleging he made her have unprotected sex even though he had AIDS. Ilya Dall had sued Alomar in Brooklyn federal court in February for $15 million. Her allegations that he demanded unprotected sex despite Alomar showing signs of HIV were never corroborated. An order from a judge yesterday says a settlement had been reached. Alomar's lawyer, Charles Bach, said Dall voluntarily withdrew the suit, but wouldn't say if his client paid Dall any money. THE ASSOCIATED PRESS

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Tomorrow's Metro

Entertainment

Alan Cross spouts his musical knowledge in his weekly Sound Check column.

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WHAT'S ONLINE TODAY

Blogs It's Called Football is joined by Montreal Impact manager John Limniatis for their Nutrilite Voyageurs Cup preview show

Video European Union seal product ban draws the ire of Newfoundland's fiery premier at **metronews.ca/canada**

Lotteries

Ontario Pick 3: 5 4 3; **Ontario Pick 4** : 1 0 7 4
Encore: 9525904
Daily Keno: 1, 6, 10, 23, 26, 31, 32, 33, 34, 36 42, 45, 46, 47, 51, 52, 54, 56, 65, 68
These results are not official.

News in brief

ASSAULT York police have released photos of a suspect wanted for attacking a TTC driver after an argument over fare. Police are looking for a man riding the northbound McCowan Road bus Saturday around 12 p.m. During the man's exit from the bus at Highway 7, he got into a dispute about fare with the driver. He then physically struck the driver. TORSTAR NEWS SERVICE

Cash for cricket grounds

Rexdale community needs funds before getting official go ahead

ROBYN YOUNG
for Metro Toronto

Surrounded by strip malls, the 401 and towering apartment buildings, there's not much space to play in north Etobicoke.

The community, also known as Rexdale, or Mount Olive-Silverstone-Jamestown, is one of Toronto's most diverse with a high number of immigrants hailing from India, the Caribbean and Southeast Asia.

And the population struggles with socio-economic issues related to poverty, unemployment, affordable housing and education; in 2006 it was named one of Toronto's 13 priority neighbourhoods in desperate need of additional resources.

So when a plan was proposed, to create a community cricket ground, Akash Shah got involved.

Shah, who was a member of the Mayor's XI cricket team, which travelled to Surrey, England, last August to play at the Chessington Cricket Club, has played the sport since he was a youngster in India and says a cricket ground would be invaluable for his community.

"It would be fantastic, right here in this area, it's so diverse," said the well-spoken Grade 11 student. "There are so many people playing cricket here and I think this region has the most cricket teams."

The local high school, North Albion Collegiate, has five cricket teams alone and there are numerous outside clubs dedicated to the sport.

In collaboration with Toronto and Region Conservation Society, the City of Toronto and Ward 1 Coun. Suzan Hall have already targeted 3.7 acres of land north of Kipling and Steeles for the field in Thackeray Park.

The city has committed $250,000 for the field, but the community needs to raise an additional $250,000 before it gets the official go ahead.

"What we really need are some substantial donors," Hall said.

Ontario Cricket has pledged $10,000, the group's largest contribution thus far.

Ranil Mendis of CIMA Canada (Chartered Institute of Management Accountants), has been the lead in developing the Mayor's Trophy for cricket in Toronto and the Toronto Mayor's XI-UK Tour. He says cricket facilities across the city are "sadly lacking" and a new field in Thackeray Park would be great for community.

"It can target of group of youths passionate about cricket," he said. "Encourage them to do better things with their time."

Pastor Evon Nunes of the Triumphant Church of Jesus Christ and his congregation will hold a gospel concert to fundraise for the field June 6 at the Humberwood Community Centre.

"If we get this cricket ground going, I think it's going to be a good thing for the Etobicoke community," Nunes said. "To try to get some of the youth off the street and to train them."

For more information on the Community Cricket Grounds Fundraiser, visit www.torontoparksandtrees.org/cricket.htm or call the Toronto Office of Partnership at 416-392-6123.

ROBYN YOUNG/FOR METRO TORONTO

Akash Shah, a Grade 11 student at North Albion Collegiate Institute, was part of the Mayor's XI cricket team that travelled to Surrey, England last summer.

Parents suing province

Eight families are taking the Ontario government to court over claims that the province is discriminating against disabled children who attend private religious schools — a case that could reopen Ontario's contentious education funding debate.

The families, whose case will be heard May 27, said yesterday children are being forced to choose between their faith and their disability because the province won't pay for services for blind, deaf and learning-disabled students who attend private religious schools.

Those children can only receive those government-funded services if they switch to a public or Catholic school — both of which receive public funds in Ontario, said Allan Kaufman, one of the lawyers representing the families.

Yet children with other disabilities, such as speech impairments, can receive government-funded therapy and services at a private religious school, he said.

The province is essentially discriminating against certain disabled kids because they belong to the wrong faith, he said.

The issue is complicated by the fact that two government ministries are providing funding to help disabled children, Kaufman said. THE CANADIAN PRESS

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Fatal high school rugby trial starts

Manny Castillo's closest teammates yesterday relived the gut-wrenching moments of the young player's fatal injury at a high school rugby match.

Bob Kovacevic didn't realize Manny, his son's close friend, was the one injured until he stood over the boy's body, twitching and turning blue, on the playing field, he told a Brampton court.

Moments earlier on the sidelines, he had told his wife that a player was in peril after Manny was driven headfirst into the ground by an opponent.

"There was no way in the world he was ever getting up again," said an emotional Kovacevic, who was at the game with his wife to cheer on their son.

Manny, 15, died in hospital a few days after the May 7, 2007, incident near the end of the game.

A Mississauga teen, now 18, has pleaded not guilty to manslaughter in this judge-alone trial before Justice Bruce Duncan. His identity is protected because he was 15 when Crown prosecutor John Raftery says he fatally upended Manny. TORSTAR NEWS SERVICE

Trail of blood leads police to victim, one man in area now in police custody

HOMICIDE A trail of blood led Toronto police to a suspect who was arrested close to the spot where a 46-year-old man was found dead early yesterday.

The victim was found near the westbound streetcar tracks on Dundas Street West in a pool of blood, without a pulse, near Brock Avenue, just west of Dufferin Street, around 2:30 a.m. yesterday, said Homicide Det. Stacy Gallant.

EMS said he suffered a "penetrating wound" to the chest. Police are saying only that he suffered "trauma to the body."

Emergency responders performed CPR on the victim before he was rushed to St. Michael's Hospital, where he was pronounced dead.

Gallant could not confirm reports the man had been stabbed, saying police were waiting on the results of an autopsy scheduled for today to reveal the cause of the victim's death.

Police arrested a 34-year-old found in the area. He is in police custody, but has not been formally charged.

The victim and suspect knew one another, Gallant said, but the motive and preceding events are not yet clear. TORSTAR NEWS SERVICE

Blaze at pizza eatery shuts down Queen Street

Firefighters shut down part of Queen Street West as they put out a one-alarm fire at a downtown Pizza Pizza eatery yesterday during lunch hour. The blaze did not spread to nearby buildings on the busy strip near Queen Street West and McCaul Street. TORSTAR NEWS SERVICE

Jarvis Street in tug-of-war

A $6.35 million plan to beautify and narrow Jarvis Street by removing its reversible centre lane for traffic has ignited a war of words between mostly car-less downtowners and commuters in Rosedale and areas north of Bloor Street who use it as a speedy route to the office.

"There is no hurry to do this — and if you get it wrong, it's going to cost $5 or $6 million."
Coun. Chin Lee

Residents living on or near Jarvis say the proposal, in the works for several years, would make the once grand street safer for people who don't drive to work.

The city's works committee backed the plan yesterday 5 to 1, with the proviso the redesigned road include bicycle lanes. The plan still needs approval from city council and, following an impact study, the province's environment minister.

The project would remove Jarvis' fifth lane in the centre, which uses green and red arrows to accommodate both morning and evening rush-hour traffic. The Jarvis improvement plan would also see both sidewalks buffered by an avenue of trees.

"We want to be able to walk on the streets of our neighbourhood and feel safe," said Glen Simour of the Garden District Residents Association. "Many consider Jarvis Street to be a freeway, and it's not. It's a downtown city street."

Residents north of Bloor turned out to argue otherwise, in bright yellow "Don't jam Jarvis" shirts. They say Transportation Services' estimate narrowing the street would add about two minutes to the 6- to 8-minute driving time along this stretch is too low.

"Jarvis is not a local street. In order to make a decision like this it's important to understand its broader role," said Ellen Greenwood of Moore Park Residents Association. She pleaded with councillors, adding forcing cars to idle longer would increase their carbon dioxide emissions by 3.5 per cent.

Cycling advocates favour reducing cars on Jarvis, but would prefer separate bike lanes rather than simply wider curb lanes.

That just encourages motorists to go faster, said Yvonne Bambrick of the Toronto Cyclist's Union.

Coun. Chin Lee (Ward 41, Scarborough-Rouge River) pleaded for a trial period.

"There is no hurry to do this — and if you get it wrong, it's going to cost $5 or $6 million," he said.

TORSTAR NEWS SERVICE

Enhanced licences not ready by deadline?

Ontario residents can now apply for an enhanced driver's licence to use instead of a passport when crossing into the United States, Transportation Minister Jim Bradley announced yesterday, even though the new documents won't be ready for weeks.

115
The amount in dollars the enhanced licence will cost, which critics point out is more expensive than a Canadian passport at $87.

The U.S. will require passports or other secure identification documents for anyone crossing into the country by land or sea starting June 1, while a passport will still be required to enter the U.S. by air.

"If you were to apply today, you'd likely see that (enhanced licence) come in a few weeks," Bradley said.

"They may well be ready June 1 — not all, but many of them will be."

Ontario promised to have its enhanced licences ready last winter, not mere weeks before the new border rules go into effect, said Progressive Conservative critic John O'Toole.

"What we argue with is saying one thing and not delivering," O'Toole said in the legislature.

The Opposition complained the government's slow delivery of the enhanced licences poses a threat to the economy.

"We estimate that 92,000 cars and 22,000 trucks carrying $650 million worth of products crosses the Ontario-U.S. border each day," O'Toole said. "This is affecting the mobility of the economy of Ontario."

Bradley defended the delay in preparing the new licences, saying it took time to satisfy all the security and privacy concerns in both countries before details could be agreed on. "You have to meet all of the requirements of the U.S. Department of Homeland Security, of the Canada Border Services Agency and … the privacy commissioner."

THE CANADIAN PRESS

News in brief

RESTORATIVE PROCESS Parents of a Keswick teen charged with assault for breaking another student's nose are happy their son is back in school after a 10-day suspension. But the teen's parents say he should never have been booted out of school in the first place since he was only defending himself after the other student hurled racial epithets and then punched him. Both students were suspended. On Monday, the boys and their families met with school officials through a formalized "restorative process." The youth who tossed out the insults and the first punch admitted it and apologized. Board officials said both suspensions were withdrawn and deleted from the students' school records. Paul Koven, lawyer for the student charged, says if the board had followed the Education Act to the letter, the suspension would never have happened. Meanwhile, York Regional Police have scheduled a press conference today to announce the results of an expanded investigation into the incident.

TORSTAR NEWS SERVICE

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Roncesvalles to get 'bumped out' sidewalks
Toronto's works committee unanimously approved a street design for Roncesvalles Avenue yesterday that will see the sidewalks "bumped out" at streetcar stops, allowing pedestrians to board at curb level once low-floor streetcars come into use. TORSTAR NEWS SERVICE

Suggestions welcome

Conservatives listening to ideas on how to improve EI

Finance Minister Jim Flaherty is leaving the door open to improving employment insurance to avoid being forced into an election by the opposition parties.

"The opposition parties have some suggestions about what they would consider to be additional improvements to the (EI) system and, of course, we're listening to what they had to say," Flaherty told reporters.

5 The last Conservative budget extended the EI benefits period by five weeks, among other things. But sources say the Tories are considering more improvements.

Liberal Leader Michael Ignatieff is threatening to try to force an election in June if the minority government refuses to improve eligibility requirements so more laid-off workers can get EI.

Prime Minister Stephen Harper has so far deflected these demands, saying Canada has "a very generous system of employment insurance" that was improved in the last budget.

TORSTAR NEWS SERVICE

THE CANADIAN PRESS FILE PHOTO

Finance Minister Jim Flaherty.

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Finance minster, wife agree to disagree on EI

CRITIC Federal Finance Minister Jim Flaherty blushed and laughed when asked about his latest critic on employment insurance — his wife.

Ontario MPP Christine Elliott, a provincial Tory leadership hopeful, says the EI system is unfair to Ontario and the province should consider pulling out.

Sometimes he and his wife agree to disagree, Flaherty says. "As elected officials, Christine and I have different policy positions. That is to be expected. This is 2009. This is not 1909. We are emancipated people and she will think through her own policy positions.

"I don't expect that we will always agree."

THE CANADIAN PRESS

Support

- Christine Elliott says 30 per cent of unemployed workers in Ontario are getting EI support compared with 58 per cent in other provinces.

Machines will dispense drugs

HEALTH Ontario residents will soon be able to skip the pharmacy when they need a prescription filled.

Health Minister David Caplan is set to introduce legislation next week that will allow special drug-dispensing machines to do all the work.

Government officials say the machines will have a video screen that will let patients see and speak to a pharmacist in a remote location.

The machine will scan the prescription and transmit the information to the pharmacist.

THE CANADIAN PRESS

McGuinty talks more government

ECONOMY Ontario's stance that the days of governments quietly watching over the economy have ended and the time to intervene has come is a product of its battered economy and it's unlikely other provinces will follow suit, experts said yesterday.

Ontario, which along with Ottawa is providing billions in financial aid to GM and Chrysler, wants to further invest in sectors that have growth potential to ensure they flourish, Premier Dalton McGuinty said.

THE CANADIAN PRESS

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Alberta farmers lose power line battle

A group of Alberta landowners has lost its fight to block a proposed power line that would run from Lethbridge into Montana. The Alberta Court of Appeal ruled the province's energy regulator was right when it said it didn't have the power to re-examine the location of the corridor. THE CANADIAN PRESS

Canada

Nova Scotia going to polls

Nova Scotians will vote June 9 in a provincial election that will see the NDP well placed to do something it has never done before — form a government in Atlantic Canada. Lt.-Gov. Mayann Francis dissolved the legislature yesterday after the minority Conservative government of Premier Rodney MacDonald, left, was defeated on a financial bill. THE CANADIAN PRESS

Ottawa vows to challenge EU seal ban

EXEMPTION The federal government says it will challenge a European Union ban on seal products at the World Trade Organization if Canada is not given an exemption from the proposed regulations.

Trade Minister Stockwell Day said Canada conducts a humane and sustainable seal hunt that should be exempt. He said a European ban would have a devastating impact on remote coastal communities in Canada that rely on the seal hunt for 25 to 35 per cent of their income.

The European Parliament approved yesterday plans to slap an EU import ban on seal products to force an end to Canada's annual seal hunt.

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

A hunter clubs a harp seal on an ice floe in the Gulf of St. Lawrence in this April 2005 file photo.

Girl better, official says

A young Alberta girl with Canada's only case of influenza A (H1N1), also known as swine flu, serious enough to require hospitalization is getting better and breathing on her own, the province's chief medical health officer said yesterday.

The update came as the number of confirmed cases in Canada rose to 165.

Ontario reported five new cases: One in Ottawa, one in Toronto and three others in the Toronto area. That brought the total in the province to 36.

All are mild cases and the people are recovering at home, said Dr. David Williams, Ontario's acting chief medical officer of health. THE CANADIAN PRESS

Flu cases

- Confirmed death toll: 26 in Mexico and one in U.S.
- Confirmed cases in Canada: 165 (Nova Scotia 48, British Columbia 46, Ontario 36, Alberta 26, Quebec 4, P.E.I. 2, New Brunswick 2 and Manitoba 1).
- Cases in Mexico: 840.
- Cases elsewhere: U.S. 487; Spain 57; Britain 27; Germany 9; New Zealand 6; Italy 5; Israel and France 4; El Salvador and South Korea 2; one each in Austria, Costa Rica, Colombia, Denmark, Hong Kong, Ireland, Netherlands, Portugal, Switzerland.

News in brief

SCHREIBER A former Tory cabinet minister says a tentative understanding reached in 1988 on an armoured vehicle project being pushed by Karlheinz Schreiber was a political compromise with no real weight. Senator Lowell Murray told a public inquiry yesterday that the aim was to keep the door open for a possible future deal to build German-designed military vehicles in Canada.

SURVEY A new poll suggests the federal Liberals are edging ahead of the Conservatives nationally on the strength of rising support among urban women and Quebecers. The Canadian Press Harris-Decima survey places Liberal support at 34 per cent nationally, a nine-point increase since last October's federal election. Conservative support stood at 29 per cent, with the NDP at 15, the Greens at 11 and the Bloc Québécois at nine per cent.

THE CANADIAN PRESS

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This is just a test

Residents in the Barrie and Orillia areas will get a close-up view of the CFB Trenton's 4-2-4 Search and Rescue squadron this week. The emergency drills include simulated casualty scenarios, with a variety of vehicles and equipment being used in specified locations. THE CANADIAN PRESS

Business R&D lacking: Report

Canadian businesses aren't doing enough research and development and that's putting the country at a distinct global disadvantage, says a new federal report.

The Science, Technology and Innovation Council says Canada ranks sixth among G7 industrialized countries in business R&D as a proportion of gross domestic product — despite substantial federal tax breaks and funding

Business innovation is regarded as critical because it happens closer to the marketplace, and could affect Canada's ability to turn research into products and services that can be sold globally.

14 When compared with countries ranked by the Organization for Economic Co-operation and Development (OECD), Canada is 14th out of 19.

"The business R&D issue has been a persistent problem for decades," said council chairman Howard Alper.

"There's a need to change the culture within leadership."

THE CANADIAN PRESS

THE CANADIAN PRESS FILE PHOTO

WestJet president Sean Durfy.

WestJet says bookings bounce back

TRAVEL WestJet Airlines Ltd. says flight bookings are beginning to pick up again after fears over Influenza A (H1N1), also known as swine flu, prompted some rattled consumers to put travel plans on hold.

"The recent H1N1 influenza virus outbreak is hitting the psyche of the travelling public hard," chief executive Sean Durfy told analysts yesterday.

"However, in the past few days, we've actually seen booking velocities come back to normal levels that we've been experiencing in the past couple of months, which is a good sign."

Durfy cautioned that delayed bookings will affect the airline's revenue per available seat mile, but he said it's hard to predict how severe the hit will be.

THE CANADIAN PRESS

Deadline set for Maple Leaf claims

COMPENSATION People who qualify for compensation due to the listeriosis outbreak traced back to Maple Leaf Foods Inc. now have 181 days to file a claim.

More than 5,200 claimants across Canada are believed to be in a position to make financial claims, which must be filed by 5 p.m. ET, Nov. 2, 2009. THE CANADIAN PRESS

News in brief

ALBERTA RCMP identified the Mountie who was killed yesterday in a traffic accident while on duty south of Edmonton. Dead is Const. James Lundblad of the RCMP traffic unit based in Camrose. Police said Lundblad died at the scene after his marked patrol car was hit by a grain truck near Millet.

BODY Quebec provincial police divers recovered the body of the remaining occupant of an airplane that crashed into a river east of Montreal. The body of the woman in her 20s was pulled from the water of the Yamaska River yesterday.

THE CANADIAN PRESS

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Proportional representation on ballot during B.C. election

TheWestView

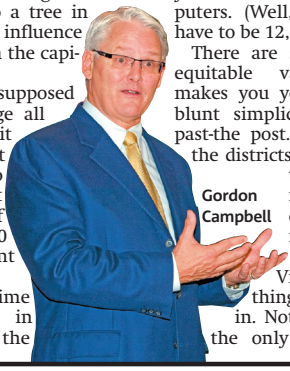
Fans of democracy will be watching next Tuesday's B.C. election, and not just because they're wondering if Gordon Campbell can make it a three-peat.

If you've ever complained your vote doesn't count, you should be watching the results May 12 because, for the second time in four years, B.C. voters will be asked to decide if they want to count their votes differently: The Single Transferable Vote (STV) to replace the current first-past-the-post system.

No, it's not a four-wheel drive vehicle or a sexually transmitted disease. It's a citizen assembly's best idea for making each vote count, and it gets points for sincerity, if not effectiveness.

The current system, universally in place at the provincial and federal level, is the blunt instrument of representation by population: The candidate with the most votes wins. Everybody else comes last. This has come to mean we get powerful governments who can rule for years even if they're elected by less than 50 per cent of eligible voters. And people who vote NDP and Green routinely have to be satisfied with chaining themselves to a tree in order to influence events in the capital.

STV is supposed to change all that. If it passes (it fell two per cent short of the 60 per cent required last time around) in 2013, the province will have 20 electoral districts instead of 85 ridings, with two to seven MLAs representing those districts in Victoria. Instead of marking an X on our ballots, we'll list the candidates in order of preference. If there aren't enough votes to elect someone, then the candidate with the fewest number of votes will be eliminated, and fractions of the votes are distributed among the remaining candidates, based on a complicated formula requiring 12-year-old nerds with computers. (Well, they don't have to be 12, but it helps.)


Gordon Campbell

There are so many inequitable variables, it makes you yearn for the blunt simplicity of first-past-the post. The size of the districts, the populations, the number of elected representatives, the sun in Virgo — everything gets thrown in. Not to mention the only places STV now operates are Malta, Tasmania and Ireland, which would all fit comfortably into the proposed Northwest region electoral district, which is a staggering 372,000 square kilometres, so it's completely untested in a typical Canadian context (too few people, too much tundra).

It didn't make it last time, and it doesn't look likely this time, which is too bad considering all the work and conviction put into it. But there are other forms of proportional representation that look promising, including mixed-member pro-rep, which was chosen in New Zealand over STV by a majority of voters.

Democracy is flawed, but precious, so let's keep working on it. But let's not forget what we're messing with here: Our freedom. And it's not just another word for nothing left to lose. At least not yet.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

MICHAEL DE ADDER

Worth mentioning

Media to undergo biometric scans under new NATO policy

AFGHANISTAN Journalists covering the war in Afghanistan are now required to submit to a biometrics scan before being accredited to travel with NATO units or visit military bases.

The data, including fingerprints and a retina scan, are used to verify identity and apparently checked against an archive of known terrorists.

The new policy, recently posted on the International Security Assistance Force website, has not been enforced on Canadian reporters, most of whom operate out of Kandahar Airfield.

A legal expert described the new security crackdown as "strange and offensive" and said the Conservative government needs to be asking tough questions of its allies before any Canadian citizen submits to such a procedure.

Michel Drapeau, a retired colonel and expert in access to information, said Ottawa should know where the data is being stored, who has access to it and how it will be used.

"We are in Afghanistan to defend our values and one of our quasi-constitutional values is the right to privacy," Drapeau said yesterday.

NATO officials in Brussels and Kabul did not respond to requests for comment.

THE CANADIAN PRESS

Voluntary, but...

- Submitting to the biometrics scan is voluntary, but the accreditation instructions noted that "media who do not submit all required information will not receive a badge."

Word on the street: What's your opinion on media coverage of influenza A (H1N1), formerly known as swine flu?

Paula Szabo, age 46, Toronto
A: They're doing a good job, but it's scaring me. I'm worried I'm gonna get it ... I'd like to know how it affects animals ... Is my dog susceptible?

Jesse Bouchard, age 22, Toronto
A: It seems like they're inflating it worse than it is. The government knows that when a pandemic ... people consume more.

Nicole Hilton, age 26, Toronto
A: I think they're trying to give both sides of it ... that it's a cause to worry about, but not to worry too much. I still feel like something's not being reported though.

Leisha Scanlan, age 23, Halifax
A: They seem to be hyperactive on covering it and they're kind of making it more pandemic than it is.

Sebastian Major, age 24, Ottawa
A: It's blown out of proportion. I lived in Toronto during the whole SARS crisis and there's a lot of scare tactics that went on then.

Alexandra Loslier, age 24, Vancouver
A: I actually just got back from Mexico. The media has sensationalized the issue more than necessary.

Metro Online Poll Results

10% SAID YES	Has the influenza A (swine flu) scare made you less likely to eat pork? *Weigh in on today's question at metronews.ca*	90% SAID NO

It's your turn to tell others what you think. Send your thoughts and opinions to: torontoletters@metronews.ca or Twitter: @metrotoronto
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Illicit brew kills 15 in eastern India

Police say at least 15 people have died and 48 have been hospitalized in West Bengal state in eastern India after they drank locally brewed alcohol that was apparently toxic. Illicitly brewed liquor is often spiked with pesticides or chemicals to increase its potency. THE ASSOCIATED PRESS

World

UN wants Israel to pay up

The United Nations has asked for compensation from Israel for attacks on UN schools and facilities during the military campaign in Gaza. Secretary General Ban Ki-moon said a UN investigation found conclusively that Israeli weaponry was used in attacks on several schools, a health clinic and the world body's Gaza headquarters. THE ASSOCIATED PRESS

Tigers' leader trapped, says Sri Lanka PM

SURROUNDED Sri Lanka's prime minister said the reclusive leader of the separatist Tamil Tigers was trapped in a tiny stretch of coastline surrounded by government troops and vowed yesterday not to let him slip away.

Citing intelligence reports, Prime Minister Rathnasiri Wickremanayake told parliament that Tiger chief Velupillai Prabhakaran "remains trapped" in the rebel-held territory.

International pressure has grown for a humanitarian truce to protect an estimated 50,000 civilians still trapped in the war zone. Aid and rights groups accuse the rebels of holding the civilians as human shields, a charge the rebels deny.

Wickremanayake reiterated the government would not accept a truce, because it would allow the rebels to regroup.

THE ASSOCIATED PRESS

Highjinks **Martial arts demo**

AHN YOUNG-JOON/THE ASSOCIATED PRESS

A soldier from the South Korean army's special forces breaks wooden plates yesterday during a demonstration of South Korea's martial arts at a children's day event in the capital Seoul.

Civilian casualties

Afghans allege dozens killed in jet strikes

Bombing runs by U.S.-led coalition jets killed dozens of civilians sheltering from a fierce ground battle between Taliban militants and Afghan and international forces, two Afghan officials said yesterday.

One Afghan official said angry and mournful villagers in Farah province transported about 30 bodies to a provincial capital to show officials. Other officials estimated the dead at between 70 and 100.

Afghan President Hamid Karzai, who has long pleaded with U.S. officials to reduce civilian casualties in their operations, is scheduled to meet with U.S. President Barack Obama in Washington today.

Hamid Karzai

Villagers told Afghan officials that they put children, women, and elderly men in several housing compounds away from the fighting to keep them safe. But the villagers said fighter aircraft later targeted those compounds, killing most of those inside.

The top U.S. spokesman in Afghanistan, Col. Greg Julian, confirmed U.S. coalition forces participated in the battle.

THE ASSOCIATED PRESS

Pakistan expects 500,000 to flee Taliban-controlled area

EXODUS Black-turbaned militants roamed streets and seized buildings in northwestern Pakistan's Swat Valley yesterday as thousands of people fled fighting between the Taliban and troops that the government said could lead to an exodus of half a million.

The Taliban declared the end of their peace deal with the government.

Buses carrying the residents of Mingora, the region's main town, were crammed inside and out: Refugees clambered onto the roofs after seats and floors filled up.

A Taliban spokesman said militants were in control of "90 per cent" of the valley. THE ASSOCIATED PRESS

Booze a problem for rifle meeting

CONVENTION Officials at the Phoenix Convention Center want the state of Arizona to suspend their liquor licence — but only in part of the building — so National Rifle Association conventioneers can carry and exhibit guns.

Arizona state law bars people from carrying weapons in venues where liquor is served. But the Phoenix convention centre's catering company wants to serve alcohol at next week's convention.

THE ASSOCIATED PRESS

U.S. plays down China incident

TONE The Pentagon is playing down a confrontation between Chinese fishing vessels and a U.S. Navy surveillance ship in the Yellow Sea last Friday — a decidedly more low-key tone than during similar incidents two months ago.

Asked why the tone of a brief Pentagon statement was muted this time, Defence Department spokesman Bryan Whitman said: "We will be developing a way forward to deal with this diplomatically."

THE ASSOCIATED PRESS

News in brief

MARRIAGE A Greek court annulled Greece's only two same-sex marriages, officials said yesterday, following a furious backlash from the government and religious leaders. The couples exploited a loophole in a 26-year-old law that did not specify gender in civil weddings, and were married in June by the mayor of Tilos.

THE ASSOCIATED PRESS

Rogers buying two radio stations
Rogers Broadcasting has received CRTC approval to buy two Ontario radio stations, Kingston's K-Rock and KIX Country. It has owned part of them since 2000. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Incoming text charge

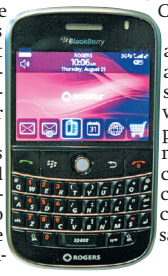
Rogers cellphone users to start paying 15¢

Rogers Wireless will start charging 15 cents for each incoming text for cellphone customers who don't have message plans, starting July 7.

Spokeswoman Liz Hamilton said yesterday that Rogers is falling in line with other major carriers in North America, including Bell and Telus, which already levy this kind of charge for text messages.

"If you take a look at SMS usage, it's increasing at an exponential rate," Hamilton said from Toronto. "It's a texting world."

Hamilton said only a small number of Rogers Wireless messaging base will be affected because most messages are sent to customers who have text messaging included in their cellphone plans or bundles.



She added users won't be charged for spam text messages, and also that users of the discount brand Fido won't be affected.

The Canadian Wireless Telecommunications Association says 76 million text messages are sent daily in Canada.

Bell Mobility and Telus Mobility announced last summer that they would charge cellphone customers not covered by calling plans 15 cents for each incoming text message.

THE CANADIAN PRESS

Higher food prices boost Loblaw profit

EARNINGS Loblaw Cos. Ltd. said yesterday food price inflation helped power the company to a 73 per cent profit increase in the first three months of 2009.

Canada's largest supermarket operator said net earnings climbed to $109 million or 40 cents per share for the last quarter, up from a year-earlier profit of $63 million or 23 cents per share. Quarterly sales rose to $6.7 billion, up 2.9 per cent from $6.53 billion a year earlier.

THE CANADIAN PRESS

Banners

- Loblaw is one of Canada's biggest companies, with 140,000 employees at the end of 2007 and operations in all parts of the country under banners from Loblaws to Provigo to Atlantic Superstore, Zehrs, Fortinos and other outlets.

Business in brief

SPECTRUM A joint venture of Rogers Communications and BCE's Bell Canada is buying the spectrum and broadcast licence of Look Communications for $80 million. Look, which announced in December that it planned to liquidate itself, has conducted a sale of its assets under court supervision but continues to operate its businesses. Look's 92 megahertz of spectrum is used to carry wireless communication signals.

FOOD Kraft Foods Inc. said yesterday that its first-quarter profit rose 10 per cent from a year ago despite the drag of the stronger U.S. dollar on international sales. The maker of Oreo cookies and Maxwell House coffee said it earned $660 million US in the January-March period. That compares to year-ago earnings of $599 million, which were dampened by $98 million in restructuring costs. METRO NEWS SERVICES

West 49 rejects Adrenalina offer

TAKEOVER Sports apparel retailer West 49 Inc. has dashed an unsolicited takeover offer from U.S. extreme-sports retailer Adrenalina Inc., valued at $35 million, telling its shareholders the Florida-based company is having trouble with its own finances.

Adrenalina didn't disclose how much of the offer was cash versus its over-the-counter traded shares. THE CANADIAN PRESS

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Guyana.....27.9 ¢
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Toronto FC vs. Vancouver tonight

Metro's It's Called Football show is joined by Montreal Impact manager John Limniatis, Toronto FC's Paul Beirne and Vancouver correspondent Simon Fudge in its Nutrilite Voyageurs Cup preview show. Watch at metronews.ca/blogs.

Sports

Pronger, Ott dirtiest: Poll

Chris Pronger, left, and Steve Ott are the dirtiest players in the NHL, according to a Sports Illustrated poll of fellow players. The survey of 324 players that appears in this week's issue has Anaheim defenceman Pronger and Dallas forward Ott in a tie, each chosen by 13 per cent of their peers. Jarkko Ruutu of the Ottawa Senators was third at 12 per cent. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

NHL Canucks get one in Chicago

JONATHAN DANIEL/GETTY IMAGES

Roberto Luongo of the Canucks makes a save on the Blackhawks in Chicago last night. Vancouver won 3-1 to take a 2-1 lead in the series. For a full recap, and the story on the Red Wings/Ducks game, visit metronews.ca/sports.

Ugly, but still a win

AL RESULT

Indians 6 Blue Jays 10

VS

Adam Lind crushed a go-ahead three-run homer and Scott Rolen capped a seven-run seventh with a solo shot as the Toronto Blue Jays rallied past the Cleveland Indians for an ugly 10-6 victory yesterday afternoon.

Back at it less than 14 hours after playing 12 innings the night before, hitters on both teams slumbered through six quiet innings before they began bludgeoning each other's bullpens. Jason Frasor, Jesse Carlson and Brian Wolfe (1-0) combined to surrender four runs in the top of the seventh to blow a 3-2 lead, and prevent top prospect Brett Cecil from winning his big-league debut after six impressive innings.

Undeterred, the Blue Jays (19-10) went to work on four Cleveland relievers in the bottom of the frame to finish off their homestand at 4-1. The offensive outburst took some of the focus away from Cecil, who allowed just two runs, one earned, in six strong innings while becoming the third Toronto pitcher to make his big-league debut this year.

The Jays begin a West Coast swing against the Angels in L.A. tonight.

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

Adam Lind is congratulated by third base coach Nick Leyva yesterday after his seventh-inning home run.

Balsillie bids, wants Coyotes here

NHL BlackBerry boss Jim Balsillie is looking to buy the financially ailing Phoenix Coyotes and bring them to southern Ontario. The co-CEO of Research In Motion says his $212.5-million US offer is conditional on moving the Coyotes north of the border. "The current team ownership asked that I table an offer to purchase the Coyotes ... that is in the best interests of the franchise, the NHL, and the great hockey fans of Canada and southern Ontario," Balsillie said in a statement yesterday. "I am excited to move closer to bringing an NHL franchise to what I believe is one of the best unserved hockey markets in the world — southern Ontario. A market with devoted hockey fans, a rich hockey history, a growing and diversified economy and a population of more than seven million people." Balsillie is asking fans who want to see a seventh NHL franchise in Canada to make their voices heard. He's asking fans to log on to www.makeitseven.ca to add their voices to his bid.

THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Vancouver 3 Chicago 1
Detroit at Anaheim

TONIGHT'S GAMES
Washington at Pittsburgh
Boston at Carolina

NBA

YESTERDAY'S RESULTS
Cleveland 99 Atlanta 72
Dallas at Denver

TONIGHT'S GAMES
Orlando at Boston
Houston at L.A. Lakers

MLB

AMERICAN LEAGUE
EAST DIVISION
(Not including all of last night's games)

	W	L	Pct	GB
TORONTO	19	10	.655	-
Boston	16	10	.615	1.5
New York	13	12	.520	4
Tampa Bay	12	16	.429	6.5
Baltimore	10	17	.370	8

YESTERDAY'S AL RESULTS
TORONTO 10 Cleveland 6
Tampa Bay 6 Baltimore 3
Texas 7 Seattle 2
Detroit 9 Minnesota 0
Boston at N.Y. Yankees
Chicago White Sox at Kansas City
L.A. Angels at Oakland

YESTERDAY'S NL RESULTS
Houston at Washington
San Francisco at Chicago Cubs
Milwaukee at Pittsburgh
Cincinnati at Florida
N.Y. Mets at Atlanta
Philadelphia at St. Louis
Colorado at San Diego
Arizona at L.A. Dodgers

Sports in brief

SOCCER Cristiano Ronaldo scored twice as Manchester United reached the final of the Champions League for the second straight year with a 3-1 victory at Arsenal yesterday. The 4-1 aggregate win sets up Manchester United with Chelsea or Barcelona in the May 27 final in Rome.

UFC Middleweights Jason (The Athlete) MacDonald and David (The Crow) Loiseau, two of the most experienced Canadian fighters in the UFC, have been cut by the mixed martial arts organization. Fellow Canadian 185-pounder Jason (Dooms) Day has also been released, the UFC confirmed yesterday.

HOCKEY The Maple Leafs' Ian White is leaving the IIHF World Hockey Championship. The Canadian defenceman has a sore neck and will travel back to Toronto today to be examined by doctors as a precaution. White sat out Monday's game against Finland. THE CANADIAN PRESS

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NBA Who wants to guard LBJ?

GREGORY SHAMUS/GETTY IMAGES

Atlanta's Marvin Williams steals the ball from LeBron James last night. James scored 34 points as the Cavs won 99-72 to take a 1-0 lead in their Eastern Conference semifinal series. For a recap of the Mavericks/Nuggets game, visit metronews.ca/sports.

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R.I.P. Jeff

John Chick
Metro sports editor

My friend Jeff Heatherington died last week at the age of 32 after a more than two-year battle with brain cancer. I went to college with Jeff, worked at TSN with him, and after that, lived in a frat house with him. There are many stories I could share about these experiences, absolutely none of which are appropriate for a newspaper. Like myself, Jeff wasn't a big name in sports media, but for two years he lived a dream many of us aspire to — the chance to be a real sportswriter, which in this era of bean-counting can be akin to aspiring to be an astronaut. In 2002, he somehow managed to convince the management of TSN's website to send him and friend Danny Celia to Florida (all paid) for spring training. While hopping from camp to camp doing stories (and going to bars), they came across Jose Canseco and his last-ditch attempt to stick with someone, the Montreal Expos.

Then-Yankee Roger Clemens was also quoted in this story, and in it he heaped praise upon his "trainer" at the time (who would turn out to be Brian McNamee) for shaping him and Canseco up.

We discovered this the other day when Dave Carroll, a co-worker from TSN, posted some of Jeff's old stories on tsn.ca as a tribute. While it's not much of a story now, we laughed that he was sitting on a major scoop. The funny part is, he was more nervous than anything talking to Canseco because he was a childhood fan of the Bash Brothers.

After losing his job in 2003, Jeff didn't complain, instead deciding to become a personal trainer. He never complained about the brain tumour he was diagnosed with in 2006 either. Like he once said to me, he could handle the cancer, just not all the BS that went along with it.

And along the way, he taught me not to do as much of one of my favourite bad habits — complain.

To read some of Jeff's work, visit **metronews.ca/comment**

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Metro Workology exclusive: Paws and Claws
This is the last edition of Metro Workology's Paws and Claws series. Bidding adieu here is Navy the Rottweiler and I think she wants you to read the whole thing online at Metronews.ca/work.

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Humane societies rally for abandoned pets

Paws and **Claws**

RAFAEL BRUSILOW
for Metro Canada

As many Canadians hope for a sunny May, many more lost, abandoned or abused animals hope to find a loving home.

This month the Canadian Federation of Humane Societies (CFHS) is teaming up with pet food producer Iams to raise awareness of pet adoption across Canada with the Iams Friends for Life campaign.

Steve Carroll, CEO of CFHS, says with more animals than ever in need of adoption, he hopes potential adopters will recognize both the value of companionship and the responsibilities inherent in adopting a pet.

"Friends for Life means that when we commit to bringing this loving being into our lives and they trust us, we have to return that trust for life," Carroll said.

More than 121 shelters across Canada are participating in the program with walk-a-thons, pet parenting clinics and free pet care kits given to each new adoptee by Iams.

Contrary to the stereotypical belief that animals at shelters tend to be unruly or unclean, Carroll says shelters are safe zones that provide exceptional care for loving pets who just need a good home.

GETTY IMAGES

Humane Societies across Canada and Iams have teamed up to raise awareness of adopting pets.

"A loving animal in your life is a great way to stay connected to your heart."
Steve Carroll

"I think there are a lot of people who think of the animal shelter in their community as a place of last resort and that's just so far from the reality these days. These are not dumping grounds for animals — they are valuable community assets," he said.

Carroll says 48 per cent of animal shelters report May as the busiest month of the year for new animal arrivals, making this month a crucial time for raising awareness about adoption.

For people thinking of bringing a furry little critter into their lives, Carroll hopes more people will consider adopting from a shelter because of the better animal care — and better price — a shelter offers.

Unlike at most pet stores or with a breeder, animals adopted from a shelter are already vaccinated, checked by a vet, spayed or neutered, temperament tested and even microchipped for identification purposes should they get lost in the future.

Given that the total costs for such services as well as the price of the animal can frequently run up to $1,000 at a retail outlet, the $350-$450 dollars a shelter charges for a similar, fully treated animal lets would-be owners get a well-loved animal for a fraction of the cost.

Most importantly, unlike some fly-by-night puppy mills, a shelter isn't going to disappear overnight.

"The care and consideration that is provided to these animals at a shelter is second to none and if there's a problem with the animal, you'll know where to go," Carroll said.

"A loving animal in your life is a great way to stay connected to your heart. It reminds us every day that we have to care, we have to love," Carroll said.

For more information, go to cfhs.ca or iamsfriendsforlifemonth.ca

That's it for our Paws and Claws exclusive series. Metro would like to thank everyone who submitted pictures of their pets. To see the archived articles of the Paws and Claws, stop by: **metronews.ca/work**

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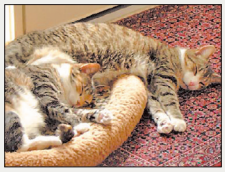
Metro Workology exclusive: Paws and Claws
This is it for Workology's Paws and Claws series. You can still read the whole thing online at Metronews.ca/work. Lucky here, is taking her leave.

Metro readers' best friends

Paws and Claws feature

• Metro would like thank everyone who has sent in a picture of their pet. Our Paws and Claws feature will be finishing up today. In an effort to get as many of our readers' pets in the paper, we've decided to dedicate a whole page to it (again) today. If your pet did not make it in the paper, we apologize. Enjoy.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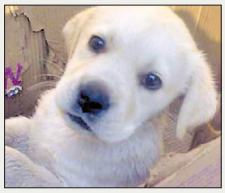
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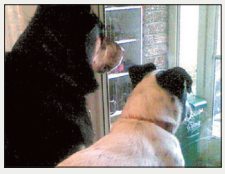
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*The 2009 vehicle's Powertrain components are covered by a limited Powertrain component warranty for up to 5 years or 160,000 km, whichever comes first. See Retailer for details and conditions on limited warranty and customer assistance/service features. **The Canadian Warranty Commitment Program is a supplement to the express conditions and warranties described in the Warranty and Owner Assistance Information booklet. Other coverages are not extended or altered due to this supplement. ***Within the first 30 days or 2,500 km of delivery, whichever comes first. You should know this: Cash purchase price includes discounts or other incentives which are only available where consumers opt for cash purchase price. By selecting purchase financing offers, consumers will be foregoing such discounts and incentives, which will result in higher effective interest rates. $4,300/$4,000 manufacturer-to-retailer delivery credit (tax exclusive) and $1,000/$1,000 cash alternative to Promise Plus Event manufacturer-to-retailer delivery credit (tax exclusive) available on 2009 Saturn AURA XE/VUE XE FWD/2009 Saturn AURA XE. Such delivery credits are not available on 2009 Saturn VUE XE/2009 Saturn AURA XE hybrid models. Financing is $0 down, 0% APR† in the cash purchase prices in this advertisement. See Retailer for details

May is Car Care Month
May is National Car Care Month in Canada, a reminder that regular maintenance is the key to safety, minimizing fuel consumption, and preventing expensive repair bills. METRO NEWS SERVICES

Metro Drive

Circle of Cube

Five hundred Canadians are battling for votes to win one of fifty all-new 2009 Nissan Cubes in the company's Hypercube campaign, which rewards social creativity. Visit hypercube.ca to check out the finalists' profiles. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

4x4 road to success

Suzuki Grand Vitara goes for modern looks

JIM ROBINSON
for Metro Canada

2009 Suzuki Grand Vitara JX

Type: Compact SUV
Price: $27,999 (no options as tested)
Engine: 2.4-litre, inline four-cylinder (166 hp, 162 lb/ft)
Fuel Economy: 2.4-litre automatic (as tested), 11.2/8.6L/100 km (25/33 mpg) city/highway

Highlights

- Proper 4WD drive
- Modern interior, exterior

Suzuki has added a four-cylinder version of its popular Grand Vitara for 2009. It boasts a towing capacity of 1,360 kg that is double that of its four-cylinder compact SUV competitors.

Sensing the market was changing drastically, Suzuki announced last fall it would add a four-cylinder model to its popular Grand Vitara, downsizing one its most popular products at the right time.

Suzuki is no stranger to four-bangers and four-wheel-drive beginning almost 40 years ago with the diminutive SJ410/SJ413. From these two humble vehicles sprang a myriad of offspring sold by Suzuki and by General Motors.

And while the Grand Vitara name has been around for a while, the current generation combines welcome good looks with a proven drive train and proper 4WD, not all-wheel-drive.

To the original V6-powered Grand Vitara was added the new 2.4-litre with variable valve timing that produces 166 hp and 162 ft/lb of torque and can tow up to 3,000 lbs (1,360 kg). Suzuki claims that is double of any of its four-cylinder competitors. The 2.4-litre is fitted with a five-speed manual or four-speed automatic transmission.

Tested here is what is expected to be the most popular/affordable version, the JX four-cylinder with automatic transmission starting at $27,995. In the 2.4-litre versions, Grand Vitara starts with the base JA at $25,995 and goes up to the JLX with automatic and leather seating starting at $29,995.

The JX as tested has standard four-wheel vented disc brakes, automatic climate control, cruise, power windows/doors/locks and heated outside mirrors. Besides six airbags all Grand Vitaras come standard with ABS with electronic brake force distribution and Electronic Stability Control (ESP).

The styling of the Grand Vitara marks it as one of the first Suzukis in a long time to look contemporary. Previously, Suzuki SUVs were long on reliability (they still are) but they just didn't have the same eye appeal of the competitors like Honda CRV and Hyundai Tucson. That has now been addressed with the 2009 model, but I notice it still retains its signature full spare with cover on the rear, swing-open gate.

The makeover of the interior stands out. Gone are the painfully hard, black plastics and the placement of controls that was almost haphazard. Second, there is finally more than enough front seat travel and, third, the rear seat is one of the longest cushions I can remember. No more numb bum back there.

Grand Vitaras are equipped with a four-mode, dual-range four-wheel system with a centre-locking differential that is controlled by a rotary knob on the dashboard. In 4Hi, the torque is split 47/53, front/rear for normal driving. In heavier going, the differential can be locked in 4Hi-Lock and the torque split is 50/50.

Suzukis have always been known for their engineering be it cars, ATVs, outboards or motorcycles. They built stout and dependable products.

But now that Suzuki has married all that into really stylish offers, like the 2009 Grand Vitara, they look like they're on the 4X4 road to greater success.

The 2009 Suzuki Grand Vitara has a true four-wheel-drive system with modes easily selected by a rotary knob.

Safety nods for Ford Fusion models

PICKS The all-new 2010 Fusion and Fusion Hybrid have received a "Top Safety Pick" rating from the U.S.-based Insurance Institute for Highway Safety (IIHS).

Ford is the only automotive brand to offer two hybrids that have segment-leading fuel efficiency, "Top Safety Pick" awards and exclusive safety technologies.

The Fusion Hybrid offers 41 mpg city while the Escape Hybrid is the most fuel-efficient SUV on the market and also garnered a "Top Safety Pick."

The new Fusion Hybrid's class-leading fuel economy bests the Toyota Camry hybrid by 8 mpg in the city. It also features Ford's innovative SmartGauge with EcoGuide, which coaches hybrid drivers to maximize fuel efficiency.

The all-new 2010 Ford Fusion Hybrid.

Fusion gets some of their core strength from the use of lightweight high-strength steel in the body structure. The structure of the Fusion helps it withstand intrusion in a side impact.

The tailor-welded B-pillars between the front and rear doorframes are stronger at the top of the vehicle (from below the beltline upward) than at the bottom. This helps to channel energy below the level of the occupants. At the torso level and above, the structure helps to prevent intrusion into the passenger compartment.

Among the segment-exclusive safety and driver aid technologies on the new Fusion are Blind Spot Information System (BLIS) with Cross Traffic Alert (CTA) and 911 Assist. FROM CARGUIDE

Car jurors hailed the Fiat 500's design at the New York auto show.

Fiat 500 wins design award

HONOUR The Fiat 500 was declared the 2009 World Car Design of the Year at the recently concluded New York International Auto Show.

Cars eligible for the 2009 World Car Design of the Year award are taken from the list of 51 World Car candidates nominated by 59 World Car jurors from 25 countries throughout the world.

This is the second time that a Fiat design has been chosen one of the top three finalists. The Fiat Grande Punto was the initial top three finalist for the design title in 2007.

FROM CARGUIDE

Audi celebrating 100th anniversary

German automaker Audi will celebrate its 100th anniversary this summer in an event that will include historic race cars and the public debut of the Audi R15 TDI racing prototype. German chancellor Angela Merkel is expected to attend the celebration. METRO NEWS SERVICES

Top down and loving it

AutoPilot

Michael Goetz

metronews.ca/autopilot

Driving a convertible in spring and summer is a joyous experience, if you don't mind the wind ruffling your hair style beyond recognition, columnist Michael Goetz says.

It's tough to feel lousy when you're speeding through the countryside with sunshine on your head.

It's been a long winter and a reluctant spring. But finally the sun is out and warm. The grass is riz. The trees are in bud.

So am I enjoying everything the season has to offer? Yes sir. I'm right where I want to be this time of year … in the basement, slightly drowsy on allergy medication, watching the NHL playoffs.

And as soon they're over, or there is a lull in the action for a few days, I'll engage in another springtime passion — driving top down. (Just to clarify, I'm keeping my shirt on; it's the car roof that comes down.)

It's tough to feel lousy when you're speeding through the countryside with sunshine on your head.

The experience also illuminates why our species became so enamoured with automobiles at the turn of the last century — we get that simple, primal rush of "being in motion."

Modern cars, and modern roadways, can disconnect us from this cool vibe, but the simple act of "dropping the top" can reconnect us to those heady days of the horseless carriage, when we first became the masters of our own mobility destinies, and sped off in all directions, just because we could.

These days, I borrow convertible test cars, and they're all very cool, but my strongest and fondest drop-top experiences came during my twenties, behind the wheel of my well-used 1973 MGB. In those days I was prone to taking fast runs late at night, and I can still feel how the air felt cooler whenever the road dipped into a valley, and how the countryside smelled during haying season.

I also remember what it smelled like when I happened to be trapped behind a garbage truck.

That's the double-edged sword thing happening. Convertibles let the sun in — good for your soul. But they also let the sun in — not good for pasty, white Canadian skin. I remember some long summer days in the MGB's saddle, an experience that made my face look like I'd been shaving with a blowtorch.

Convertibles also let the wind blow your hair — oh so groovy while you're driving, not so handy when you need to arrive somewhere with manageable hair.

The age-old solution to mitigate sunstroke and hair issues while experiencing open-air moorings is to wear some sort of headgear. Some people do it elegantly, like Audrey Hepburn and her kerchief, in any movie she made in the 1950s and 1960s. Me? Not a kerchief guy. Or a hat guy.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

Kia Rio makes Forbes' list for value

EFFICIENCY Recently named as one of the "Greenest Vehicles of 2009" by the American Council for an Energy-Efficient Economy (ACEEE), Kia has announced the 2009 Kia Rio sub-compact sedan has been recognized as the number to pick for the "Most Fuel-Efficient Cars for the Buck" by Forbes.com in the U.S.

No other hybrid made this list, according to Kia.

The 2009 Kia Spectra compact sedan was also recognized, placing sixth on the Forbes.com list, with both vehicles earning praise for their impressive fuel economies and low starting prices.

Using data from Vincentric, an automotive research company based in Michigan, Forbes.com considered only 2009 models and added the price of gas for each vehicle, assuming 15,000 miles per year over a five-year span, to manufacturer suggested retail prices (MSRP) and took the 2009 models with the lowest sums.

FROM CARGUIDE

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Driving schools going green
More and more driving schools in Canada are going green and are now adding fuel-efficient driving techniques to their curriculum. A list of all driving schools registered with Natural Resources Canada is available at vehicles.gc.ca. **NEWS CANADA**

'Right-sized' Journey

Dodge calls the 2009 Journey the "right-sized" crossover fitting in between the Caliber hatchback and the Grand Caravan minivan.

JIM ROBINSON
for Metro Canada

If you can look past Chrysler's fiscal woes, the brand has some very good and successful vehicles in its model range.

The Grand Caravan minivan and the Ram pickup have been on the list of top selling nameplates for several years now. The Chrysler 300 full-size sedan and, of course Jeep, are also favourites among Canadian consumers.

Last year, Dodge introduced the Journey which it described as the "right-sized" crossover and it was slotted in between the Caliber compact car and the Grand Caravan minivan.

To me Journey is a clever way of taking a minivan and making it look like a SUV so people get the utility of up to seven seats along with a more rugged trucky look so in vogue these days.

Based on a stretched Sebring platform, the Journey answers the question about what ever happened to the regular-size Chrysler minivans and fills a void in the Chrysler/Dodge lineup at the same time.

Essentially this is the vehicle that fits in where the short-wheel-base Caravan used to be and is still very much in demand by a lot of consumers who don't want a full-size minivan in the Odyssey/Veracruz class. Bigger than a Mazda5, it also offers a real utility advantage against the rise of Santa Fe/Equinox/Edge competition.

Journey comes standard with four-wheel disc brakes with ABS, Electronic Stability Control with integrated traction control, Electronic Brake Assist, Electronic Rollover Mitigation and Trailer Sway Control.

Also standard is four-wheel independent suspension, 40/60 split folding rear seat, power heated mirrors, power locks and windows and, believe it or not at this price, a glove-box with chilled drink storage.

With all that equipment and a price point under twenty grand ($19,495 for the SE), it's a bargain.

Both SE models are powered by a 2.4-litre, variable valve timing DOHC inline four-cylinder producing 173 hp and 166 lb/ft of torque. It comes with a four-speed automatic transmission and is available only in front-wheel-drive (FWD).

On the highway, the R/T was light on the controls with the six-speed automatic shifting up and down seamlessly.

Call it a minivan, a station wagon, a hatchback or whatever a "crossover" is these days, the Dodge Journey does fit Chrysler's mantra of being the "right-sized" family vehicle.

2009 Dodge Journey R/T AWD

Type: Mid-size crossover van
Price: $29,995 (as tested)
Engine: 3.5-litre V6 (235 hp, 232 lb/ft)
Fuel Economy: 3.5-litre AWD, 14.2L/100 km city, 8.9L/100 km highway

Highlights

- Family van with good looks
- Affordable

Shine a bright light

Drivers can restore plastic headlight lenses to like-new clarity with the new 3M headlight Lens Restoration System, which removes yellowing and hazing that reduces headlight performance and visibility. Visit 3Mcarcare.com for more information. METRO NEWS SERVICES

Lamborghini for masses

DUSTIN A. WOODS
for Metro Canada

It's hard to believe that it has been six years since the unveiling of the original game-changing Gallardo.

Back in 2003 at the Geneva Auto Salon, Lamborghini revealed what would become yet another iconic supercar, continuing the bold tradition the legendary automaker has enjoyed. This "entry-level" Lamborghini was a bold step for the exclusive super sports carmaker. By attempting to increase production and sales of a more inexpensive Murcielago alternative, they not only risked reducing the exclusivity of the brand, but they could have decreased demand for their flagship model.

Five years and over 7,100 Gallardos later, Lamborghini proved that increasing production and expanding their product lineup simply resulted in selling more cars, period.

Anticipation for the updated Gallardo was considerable: Could it be significantly better than the original without outshining the LP640? Could it possibly draw on the styling of the previous Gallardo while still appearing fresh and innovative? The answers to the two previous questions happen to be a resounding and unequivocal "Yes!"

This 'entry-level' Lamborghini Gallardo has been a bold step for the exclusive super sports carmaker. But Lamborghini has proved that increasing production and expanding their product lineup has simply resulted in selling more cars, period.

"Weight has been reduced, power increased and emissions lowered."
Lamborghini's Maurizio Reggiani

So what makes the new Gallardo, new? Maurizio Reggiani, Lamborghini's director of research and development summed up some of the improvements during a dinner discussion by saying, "Weight has been reduced, power increased and emissions lowered."

That certainly isn't a bad start, to say the least. The figures are impressive indeed as they are either revalled or increased over that of the previous generation Superleggera. The LP560 weighs 20 kilograms less than the preceding Gallardo while gaining 39 hp, 22 ft-lbs of torque and expelling 18 per cent less emissions.

DreamCar

The exterior changes are not difficult to see, as the new model is certainly more imposing and aggressive with more definitive, jagged edges.

Other improvements include revamped variable valve timing, a more linear torque curve and entirely refigured suspension geometry in order to achieve improved handing and comfort.

Although purists are free to disagree, another redeeming quality of the new Gallardo is that it is amazingly easy to drive. As I threw the car into turns tight and wide, I could feel the ESP system giving me a nudge instead of the smack in the head that some systems offer. The 30/70 traction split between the front and rear wheels means that grip is incredible, but with 560 horses sitting behind you it can easily be lost if you happen to be careless or incompetent.

After spending a significant portion of the day piloting the LP560 around Las Vegas Motor Speedway as well as through the winding roads of the desert, I can say without question that Lamborghini has managed to recapture the magic of the past while making advancements towards the future.

The 2011 Jeep Cherokee on display at the recent New York auto show.

2011 Jeep Cherokee unveiled

DEBUT The all-new 2011 Jeep Grand Cherokee made its world debut at the recent New York International Auto Show.

Jeep's all-new premium SUV features an athletic design, an all-new world-class interior, an all-new engine and legendary Jeep capability.

Nearly 18 years ago, Jeep invented the premium SUV segment with the introduction of the Jeep Grand Cherokee. More than four million sales later, Jeep improves the formula and hits the sweet spot of real-world capability and on-road refinement with the all-new 2011 Jeep Grand Cherokee.

The all-new Jeep Grand Cherokee delivers premium on-road performance while maintaining the Jeep brand's legendary four-wheel-drive, torque-on-demand two-speed transfer case and unsurpassed towing capability. It also offers improved fuel economy (up to 11 per cent) and a world-class interior cabin.

The all-new Quadra-Lift air suspension system delivers legendary Jeep off-road capability along with the new Selec-Terrain system that allows the driver to choose the drive system that best matches on- or off-road driving conditions. New front and rear independent suspension systems deliver premium on-road handling and comfort.

The Grand Cherokee is built on a proven rear-wheel-drive unibody platform sharing the same underpinnings as the Mercedes-Benz ML.

It also offers three 4x4 systems (Quadra-Trac I, Quadra-Trac II and Quadra-Drive II), and is available with two leading engine options for North American markets.

The all-new interior is elevated to that of its European competition and features rich materials and elegant appointments, as well as more room for both passengers and cargo.

FROM CARGUIDE

Buckling up is best for your pets

JIL MCINTOSH
for Metro Canada

Few people today would drive even a short distance without their children safely buckled into their seats. Now it's time to do the same for our animals, says pet safety advocacy group Bark Buckle UP (barkbuckleup.com).

Unrestrained dogs and cats can distract a driver, says pet safety expert Christina Selter, and in a crash, they can be hurt, inflict injuries on human passengers, or even attack first responders who are trying to help.

She cites a chilling statistic: in a collision of just 56 km/h, an unsecured dog weighing 27 kg will launch with a force of 1,224 kg. "If that hits you in the back of the neck, it would break your neck, or be launched through the windshield," she warns.

If a front airbag deploys when you have a pet on your lap, the airbag will almost certainly kill the animal. Not only that, but Selter says that the force of the bag, which deploys at around 321 km/h, will push the pet into your abdomen, possibly causing human internal injuries. And pet injuries don't necessarily have to be from a collision.

Just slamming on the brakes can tumble an animal off the seat, possibly resulting in broken limbs or lacerations. A pet that gets behind the pedals can prevent you from fully applying the brakes, even as it suffers injuries from being jammed between the pedal and the floor. And it's not unusual for a dog to be so interested in something outside the car that he jumps out through an open window.

PHOTO COURTESY BARK BUCKLE UP

Unrestrained pets can distract a driver, says pet safety expert Christina Selter, and in a crash, they can be hurt, inflict injuries on human passengers, or even attack first responders who are trying to help.

The safest place is tethered to the rear seat, or the cargo area of SUVs or wagons. Cats or smaller dogs should be in a carrier that's secured with tie-downs, as it will fly through the car in a crash if it's unsecured.

Pet stores sell travel harnesses, carrier tethers and seat leashes, ranging from about $20 to $40, all of which attach to the car's seatbelts. The leashes should never be attached to a collar, and harnesses should have wide straps, which even out the force of a crash and help prevent internal injuries.

Even if an unrestrained pet isn't injured, it could hamper rescue efforts, "protecting" its owner from a first responder who's trying to help. Should someone open the car door, the pet could dart into traffic, and be killed or cause a second collision as drivers swerve to avoid it.

Storage needs ignored: Report
Manufacturers and designers are overlooking basic storage needs in vehicles, according to a new report by J.D. Power and Associates. The study and is intended to provide manufacturers with insights on customer seating and storage preferences. CANADIANDRIVER.COM

Motor gifts for moms

JUSTIN PRITCHARD
for Metro Canada

Some years after changing your diapers, packing your lunch for school and hauling you to hockey practice, your mom probably helped to teach you how to drive. If you've ever made fun of her driving, she'll likely remind you of it without hesitation.

With Mother's Day right around the corner, why not consider scrapping the usual generic presents in place of something cool for her car? Whether new or old, your mother's ride could probably do with some accessorizing, cleaning or dressing up to make it more enjoyable. After all, doesn't she deserve it? Here are some ideas:

• Pick up some drive-thru car wash tickets from your local gas station to help Mom keep her ride clean. Most of these don't expire for several months, so she can keep them tucked in her sun visor for a while. They'll run you between about $6 and $9.

• Now that you've outgrown flinging Cheerios, crayons and fries around the cabin of Mom's car, wouldn't a good interior cleaning be appropriate? In addition to increasing enjoyment and looks, a spotless cockpit packs that extra sentimental value that comes with a hand-made gift.

Break out the vacuum, some vinyl cleaner, Windex and a few rags, and you'll have the interior looking factory-fresh in no time. Leave mom at the spa while giving her car a spa treatment for maximum effect.

• Of course, many Moms have the "clean and tidy"thing under control. If that's the case, why not consider buying yours a sense of direction! The market is packed full of navigation systems that can be fitted to any vehicle. Priced from under $200 to more than $600, you'll be able to find mom a system that's perfect for her needs and your budget. Most users find aftermarket navigation systems easy to learn and install, and many come with a memory to store common destinations on board.

• Is your mom an iPod fanatic? Is her car missing an input jack for the stereo? If so, musical mediocrity at the wheel can become a thing of the past. Even if Mom's ride doesn't have a CD player, she can still enjoy her MP3s on the go with a cassette player adapter or FM transmitter.

• To keep Mom on the go in style, be sure to consider some dealer-installed accessories for her chariot. Even relatively minor and inexpensive visual upgrades like a bug-deflector, exhaust tips and chrome grille accents can make a big punch in the looks department that she's sure to appreciate. If the budget allows, some upgraded rims and a spoiler will help dress up her rig even more.

Use this gift to compensate for any dents, scratches or other damaged caused by your early years of driving.

Remember: your Mom's car is probably like a little home away from home. Give it some TLC, and you'll go up a few notches in her good books.

This Mother's Day you can pick up car accessories for your mom.

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#Limited time lease offers based on new 2009 Honda models. Lease examples based on 2009 Civic DX Sedan, model FA1529EX / 2009 CR-V LX 2WD, model RE3839E / 2009 Accord LX Sedan, model CP2539E available through Honda Financial Services on approved credit. £1.9% / 2.9% / 2.9% lease APR for 48 / 48 / 48 months. Monthly payment is $178 / $278 / $278 with $2,979.48 / $6,092.49 / $4,850.18 down payment or equivalent trade, $1,310 / $1,560 / $1,410 freight and PDI, first monthly payment and $0 / $0 / $0 security deposit due at lease inception. Total lease obligation is $13,021.53 / $21,963.23 / $20,559.42. Taxes, license, insurance and registration are extra. 96,000 / 96,000 / 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. Retailer may lease for less. Retailer order / trade may be necessary. †Limited time financing offers based on select new 2009 Honda models. Finance example based on new 2009 Civic Sedan DX, model FA1529EX available through Honda Financial Services on approved credit. ‡MSRP is $16,990 plus $1,310 freight and PDI, financed at 0.9% APR equals $312.03 per month for 60 months. Cost of borrowing is $421.70 for a total obligation of $18,721.70. Retailer may sell for less. Retailer order / trade may be necessary. MSRP of 2009 Civic EX-L Sedan, model FA1509JNX / 2009 CR-V EX-L, model RE4879JN / 2009 Accord EX-L V6 Sedan, model CP3689JN shown is $23,680 / $35,190 / $35,390. ¥Cash purchase incentive offers will vary from model to model. $1,500 cash purchase incentive available on new 2009 Civic models, excluding 2009 Civic DX Sedan MT, model FA1529E / 2009 Civic DX Coupe MT, model FG1129E / 2009 Civic Hybrid, model FA3629E; $3,000 cash purchase incentive available on new 2009 CR-V models, excluding 2009 CR-V LX 2WD, model RE3839E; $2,000 cash purchase incentive available on new 2009 Accord Coupe and 2009 Accord Sedan models, excluding 2009 Accord EX Coupe MT, model CS1179J and 2009 Accord LX Sedan MT, model CP2539E; $3,000 cash purchase incentive available on new 2009 Accord Coupe V6 and 2009 Accord Sedan V6 models. #/£/†/¥Offers valid from May 1st, 2009 through June 1st, 2009 at participating Honda retailers. Offers subject to change or cancellation without notice. See your Honda retailer for full details. NHL and the NHL Shield are registered trademarks of the National Hockey League. ©NHL 2008. All rights reserved.

Ugandan students build 'Poor Man's Car'
Ugandan university students have built a prototype of what they call "The Poor Man's Car" – fashioned from sheet metal, wood seats and diesel engine pulled from a corn mill, Wired.com reports. The car costs only $4,500. METRO NEWS SERVICES

AMG a class apart

Many new features in E 63 sedan

E 63 AMG from Mercedes.

AMG, the high-performance brand within Mercedes-Benz Cars, is presenting the new E 63 AMG for 2009.

This dynamic sports sedan with day-to-day suitability impresses with outstanding performance, thrilling handling characteristics and a technology transfer from the SL 63 AMG Roadster.

The new E 63 AMG distinguishes itself from the regular Mercedes-Benz E-Class models with a completely newly developed AMG Ride Control sports suspension with electronically controlled damping and a new front axle, and with its autonomous exterior and interior design.

At the same time Mercedes-AMG has achieved a reduction in fuel consumption by almost 12 per cent for the new E 63 AMG, thanks to the concerted use of fuel efficiency measures.

With its unique combination of pioneering driver assistance systems, the E 63 AMG further consolidates the brand's leading position in the field of automotive safety.

The AMG 6.3-litre V8 engine in the new E 63 AMG develops a power output figures for the SL 63 AMG. It produces 525 hp.

The high-performance Roadster has also donated its AMG SPEEDSHIFT MCT 7-speed sports transmission to the new model.

It dispenses with a conventional torque converter and uses a compact, wet start-up clutch.

In conjunction with the four individual driving modes, the throttle blipping and RACE START functions, the resulting, direct connection to the powertrain allows an extremely emotional and highly dynamic driving experience.

The drive unit is unique in this segment, and ensures sporty performance figures: The E 63 AMG accelerates from 0-100 km/h in just 4.5 seconds, with a top speed of 155 mph (electronically limited).

A new, electronically controlled damping system automatically varies the damping characteristics according to the driving situation, reducing the roll angle of the body.

The result is instant adjustment to provide the best possible ride comfort together with the greatest possible agility.

In addition the driver is able to choose between the three suspension modes of Comfort, Sport and Sport plus at the touch of a button.

FROM CARGUIDE

The E 63 AMG accelerates from 0-100 km/h in just 4.5 seconds, with a top speed of 250 km/h.

Monticello makeover

Thomas Jefferson's home Monticello in Charlottesville, Va., has just gotten a new $43 million US complex that gives visitors greater insight into the life and ideals of the third president of the U.S. THE ASSOCIATED PRESS

Travel

Hands off my luggage

Sure, you can always tie a piece of yarn to the handle of your suitcase to prevent mixups at the luggage carousel. But these Not-Your-Bag Tags from My Tagalongs, mytagalongs.com, are so much more entertaining. With phrases like "Guess again," "Maybe not," "That's my stuff" and "Don't take me," your fellow passengers will certainly know they're to keep their grubby hands off of your bags. METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

The lowdown on London shopping

EMMA E. FORREST
and ROMINA McGUINNESS
Metro World News

Take advantage of the low price of the pound and ongoing sales and get your credit card out for some shopping in London. Here is our guide to the city's best retail areas.

METRO WORLD NEWS

Left, a shop assistant at The Wonder Room, a concept boutique in department store Selfridges. Right, an interior shot of Luna Curious.

1. Upper Street

Tube stop: Angel to Highbury & Islington

Vibe: More interesting than your average high street, Upper Street offers mainstream stores, hip independent boutiques and lots of gourmet cafés.

The route: Walk to the right out of Angel Tube to Camden Passage, where you'll find a market selling vintage clothes and jewelry, as well as chic boutiques including Frost French and eco-friendly Equa. There's more designer womenswear back on Upper Street at Diverse, Whistles, Ghost and menswear at Sefton and Zee & Co. Oliver Bonas offers fashion, furniture and gifts at reasonable prices, and Twentytwentyone, Revelloyd and Atelier Abigail Ahern sell designer homeware. Try Space NK for hot beauty products from all over the world.

Lunch stop: A full English breakfast at The Breakfast Club on Camden Passage.

2. Oxford Street and Bond Street

Tube stop: Oxford Street to Green Park

Vibe: Europe's busiest shopping street is host to major brands' flagship shops and classic department stores. Its neighbour, Bond Street, offers designer brands from Mulberry to Alexander McQueen.

The route: Make your pilgrimage to Topshop at Oxford Circus, then turn into Regent's Street to find the Apple Store, historic department store Liberty and giant toyshop Hamleys.

Return to Oxford Street for department stores including John Lewis and Selfridges, which is celebrating its centenary this year, and look for budget fashion at H&M, Primark, New Look and River Island. On Bond Street, you'll find high-end jewelers and fashion stores including Miu Miu, Hermes, D&G, Prada and Chanel, as well as old-fashioned shopping arcades including The Royal Arcade where you can get shoes handmade for you at G.J. Cleverley.

Pay a visit to neighbouring Dover Street for the designer concept store Dover Street Market, where you can admire avant-garde fashions from Gareth Pugh, Comme des Garcons, Hussein Chalayan and Christopher Kane.

Lunch stop: By the time you've reached Piccadilly it will be time for afternoon tea. Graze on sandwiches, scones and cakes at the elegant Wolseley restaurant, next to the Ritz.

3. Spitalfields and Brick Lane

Tube stop: Liverpool Street

Vibe: This area is home to retro markets, vintage clothing stores and bohemian cafés frequented by Hoxton hipsters in skinny jeans and coloured Ray-Bans.

The route: Come out of Liverpool Street Station and cross over to Spitalfields Market, spitalfields.co.uk. On weekdays there's an eclectic mix of shops to browse through and on weekends, stalls sell vintage sunglasses and lampshades, artwork from up-and-coming artists and fashions from art-school designers.

Continue onto Brick Lane, lined with curry restaurants and hip boutiques. Visit Luna & Curious for a mix of porcelain butterfly charms and '70s-style waistcoats; and Mimi Berry for East London's coolest pretty, squishy leather handbags with flirty

Read more on page 27 ››

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Traffic jam

California ports are getting a lot of unscheduled cruise ship traffic these days, as operators divert their boats from Mexican ports due to the influenza A (H1N1), or swine flu, scare. The Carnival Splendor, right, is among those recently rerouted to San Francisco. THE ASSOCIATED PRESS

METRO WORLD NEWS

A view of Brick Lane.

Continued from page 26

names. On Sundays the old Truman Brewery warehouse hosts Up Market, consisting of 140 stalls selling fashion, vinyl, crafts and jewelry. If you have any energy left, Cheshire Street's Beyond Retro is an Aladdin's Cave of fringed leather bags, plaid shirts, and floral tea dresses.

Lunch stop: Stop for a brownie or superfood salad at healthy fast food joint Leon in Spitalfields market square.

4. Notting Hill and Portobello Road

Tube stop: Notting Hill Gate

Vibe: Home to London's society fashion crowd, Notting Hill is good for fashion new and old.

The route: Come out of Notting Hill Gate tube and head up Pembridge Road to hit Portobello Road, where the mythical market mile sells everything from antique lamps to 1950s straw hats.

Running alongside is Kensington Park Road, where Coco Ribbon sells luxury items oozing in femininity and British designer Paul Smith devotes a whole townhouse to his clothes and accessories.

Try Westbourne Grove for some bohemian attitude at Sienna and Savannah Millers' boutique Twenty8Twelve and then move on to Ledbury Road for some Parisian-style purchases including Repetto ballet pumps or Antik Batik pearl kaftans and ornate brooches at designer boutique Aimé.

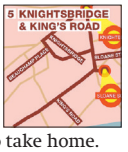
Lunch stop: Try Ottolenghi on Ledbury Road for healthy deli snacks and flourless chocolate cake.

5. Knightsbridge and Kings Road

Tube stop: Knightsbridge to Sloane Square

Vibe: This area is the shopping mecca of the mega-rich, who cruise the lavish department stores and designer boutiques that are dedicated to their every need.

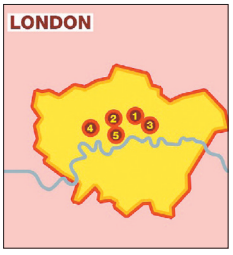
The route: You step into another world when you exit Knightsbridge tube and enter the gold and green doors of Harrods. It's a warren of sumptuous rooms dedicated to the finest and most expensive versions of everything — watches, jewelry, furniture, clothes, sportswear, shoes, and even pet fashions. If the price of the Chloe handbags makes your eyes water then hit the Food Hall, which has beautifully-packaged but more affordable edible treats to take home.



Like Absolutely Fabulous' Patsy and Edina, fashionistas will prefer Harvey Nichols, the designer department store across the road.

For more bling head down Sloane Street for YSL, Gucci, and Jimmy Choo, and nearer to Sloane Square, you'll find fragrance guru Jo Malone. On Sloane Square check out the charms at Links of London and the refreshing interiors at The White Company. Hit the King's Road for French caftans and bangles at Reminiscence, unusual fashions at Graham & Green, and London's prettiest chocolate shop, Rococo.

Lunch stop: Snack on a cheap but delicious Lebanese shawarma from Maroush II, maroush.com, on Beauchamp Place, or Ranoush on the King's Road.



Top 5 London markets

Borough Market: Hangout for organic-food-focused Londoners. Try the ostrich burgers, and the chorizo and rocket rolls at Brindisa. Southwark Street, Borough, SE1, Thurs-Sat , boroughmarket.org.uk.

Alfies Antique Market: The likes of Kate Moss haggle over 1920s style antiques including furniture and accessories. 13-25 Church St., Marylebone NW8 8DT, Tues-Sat., alfiesantiques.com.

Columbia Road Flower Market: Columbia Road blossoms into a stretch of flowers on Sunday, on a road lined with quaint delis and pretty shops. Columbia Road, Bethnal Green, E2, Sundays

Camden Market: Built around Camden's river lock, the market is packed with indescribable items. Stop for a pint at the 'Hawley Arms' pub, where Amy Winehouse is a regular. Camden High Street, daily, camdenlock.net.

Broadway Market: Jewel of Hackney, Broadway sells an eclectic mix of art and organic foods. Try R Cooke & Sons' jellied eels and pies for old-school London food. Broadway Market, E8, Saturdays, broadwaymarket.co.uk.

METRO WORLD NEWS

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Reduce rummaging

Pack everything in clear plastic bags, divided into groups like underwear, t-shirts, shorts, etc., before packing in your suitcase. When you need something, you can find it quickly by grabbing the appropriate bag. METRO NEWS SERVICES

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Unusual expense **Scenery support payments**

MONTANA WILDERNESS ASSOCIATION

People checking in at some Montana hotels and other lodging establishments will be asked whether they care to contribute a dollar or two to help conserve part of the landscape that draws tourists here by the millions. This file photo, provided by the Montana Wilderness Association, shows the Blackleaf area of the Rocky Mountain Front south of Glacier National Park in Montana. THE ASSOCIATED PRESS

SwiftJet charter service adopts pet-friendly policy

DATELINE SwiftJet, a Canadian on-demand private jet charter service, is touting its pet travel policy as a friendlier way to treat a "member of the family."

SwiftJet allows pets to travel in specifically arranged areas in the cabin regardless of size, weight or time of year.

"Carrying animals in baggage claim or cargo holds in the belly of the plane is dangerous to their health," said Bassam Al-Sarraj, president of SwiftJet. THE CANADIAN PRESS

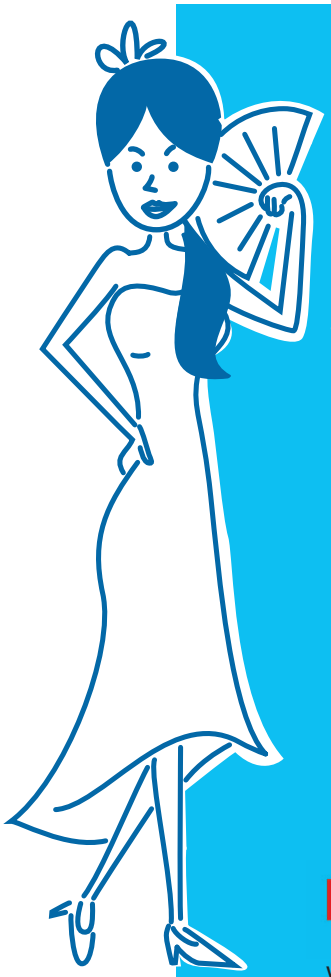
Canadian history told by fur trade

EXHIBIT A new exhibit at the Canadian Museum of Civilization will tell the story of one of the fur-trading companies that helped build Canada into a nation.

Profit and Ambition: The Canadian Fur Trade, 1779-1821, focusing on the North West Company, opens Sept. 11 and runs for a year.

"This is a truly epic story," said David Morrison, the exhibition's curator and director of archeology and history at the museum. The consortium of Montreal entrepreneurs, Scottish explorers, French-Canadian voyageurs, Metis bison hunters, aboriginal trappers and guides created a commercial empire and opened routes into the continent.

Profit and Ambition also examines the rigid social strata of the fur trade, which generated fortunes for some while often exploiting the labour and vulnerabilities of others. THE CANADIAN PRESS



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The not-so-solitary road

RoadWarrior

DAVE RABOIN

Overlooking the Blue Ridge Parkway in North Carolina.

Throwing a leg over the seat of my motorcycle on the first day of my trip was a defining moment — a moment of courage. I was riding off to search for adventure, trading the comfort of friends and family for a six-week solo journey.

I've accepted the fact that I may face loneliness over the course of my trip. But the first few days on the road have been anything but lonely. Whenever I stop to eat or get gas, folks approach me to ask where I'm from and where I'm heading.

Driving the Interstate highways may be a quick way to get where you're going, but they're flat and uninspiring. Adventure is found along the back roads where you get up close and personal with the countryside. The chance of getting lost escalates, but the rewards are worth the risk.

And so I found myself at the Blue Ridge Parkway in North Carolina, a motorcycling mecca with spectacular roads and views to match.

The countryside is dominated by the Appalachian Mountains; the ride through them turns out to be the most beautiful one I've ever been on. Lush, deciduous forests carpet the slopes from the valley floors up to the peaks. The light green of spring leaves softens the dark brown of towering trees; lilac and rhododendron blooms scent the air.

But the trip isn't all about riding. One night, I was sitting in a bar in a small town called Maggie Valley, N.C., watching sports with the locals — the bartender was kind enough to turn one of the 22 TVs to the hockey game for me. The guy sitting next to me was a movie star whom I recognized but couldn't place; I wasn't about to ask who he was. Another table had eight state troopers, looking polished but dangerous what with the big guns on their belts.

I'm heading west tomorrow in search of sunshine. The California coast beckons.

Michael Jackson is embarking on a six-week motorcycle trip around North America. Track his progress at adventuremotorcycleroutes.ca.

Road trip

• Metro columnist Michael Jackson has embarked on the trip of a lifetime. On May 1, he headed out for a six-week solo motorcycle trip across the U.S. and Canada — but to make things even more interesting, he plans to have something of a mobile office, managing his small business, a printing company, remotely while he's on the road. But will Michael really be able to put work aside at those times when he's trying to enjoy his trip? Will his bike break down, wreaking havoc on his itinerary and budget? And will he go stir crazy travelling by himself for so long? Follow his adventures every Wednesday in Metro to find out.

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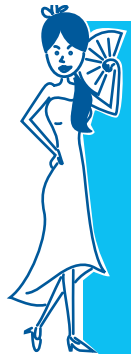

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TICO

See sea turtles

Florida's sea-turtle nesting season has begun, and thousands of the creatures will return to their home beaches to lay eggs. Organized beach walks at night to observe nesting turtles are offered by various groups along Florida's East Coast, where most of the nesting takes place. THE ASSOCIATED PRESS

Gate-crashing Cannes

FABIEN BINACCHI
Metro World News

Fancy a jaunt to Europe's movie capital? Then join the world's biggest film stars in Cannes from May 13 to 24, for the 62th International Film Festival.

Where to sleep

Hotels in the centre of Cannes are always fully booked far in advance. They'll be packed with actors, starlets, journalists, distributors, producers, directors and studio bigwigs.

You're better off tracking down rooms in the towns around Cannes. If you're on a very tight budget, try the Etap Hotel in Mougins, just three kilometres from Cannes famous promenade, the Croisette. Another cash-saving solution: Camping. Try Camping Parc Bellevue, which also offers mobile homes, and is a 20-minute bus ride from the Palais des Festivals.

Where to stargaze

You'll be able to spot stars very easily: They'll be the people surrounded by a phalanx of bodyguards and staff as they approach the red-carpeted steps of the Palais des Festival building where the screenings take place. Whether they arrive by limousine or on foot (only the most courageous ones attempt the latter), most are happy to sign autographs and pose for pictures.

If you want to actually meet some A-listers, the nearest you'll get to them is probably the pavement outside the luxury hotels where they stay — the Carlton, Martinez and the Majestic. These hotels become overprotected bunkers during the festival, so while it's impossible to enter them without a professional badge, you can wait near the entrance, and catch stars on their way in or out.

METRO WORLD NEWS

Posing on the red-carpeted steps in front of the Palais de Festival building in Cannes, where screenings take place.

Can I watch movies?

You'll need professional accreditation to get into the official movie screenings. But if you're not an upcoming movie star or film distributor, don't panic. The festival shows a selection of movies every night at their Cinema de la Plage, an outdoor movie theatre on the beach.

Where to go out

After playing hide-and-seek with the stars and visiting the exhibitions all around the city, have a rest. If you're hungry, go to the New Monaco — at 15, rue du 24 Août between the railway station and the Croisette — which is cheap and good. By night, be sure to have dinner at Le Petit Majestic (6, rue Tony-Allard), which is the place festival insiders reward themselves with a beer after a long, hard day.

If you're looking for something a bit more stylish, the very select VIP Room is another place to be seen in Cannes by night. Run by nightlife star Jean Roch, the temporary nightclub opens in Cannes' Palm Beach area during the festival, welcoming celebrities, stars and clubbers, with tunes mixed by the best DJs.

Getting there

How to get there: The nearest airport is Nice International airport. A taxi takes about 50 minutes and costs about $125, and there's a public bus service that costs about $16.

For more information:

- cannes.com
- festival-cannes.com

METRO WORLD NEWS

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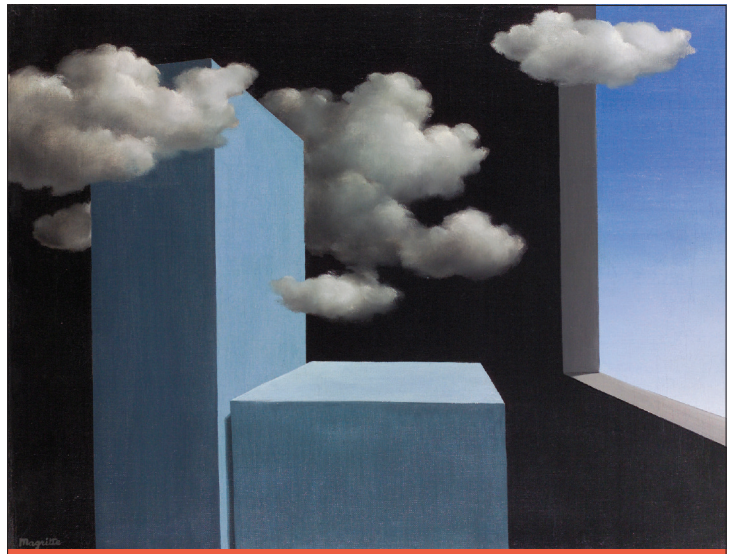

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René Magritte, *The Tempest*, 1931, oil on canvas. Wadsworth Atheneum Museum of Art, Hartford, CT. Bequest of Kay Sage Tanguy. © René Magritte / SODRAC (2009)
Surreal Things organized by: V&A
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Drink up!
St. Louis is the destination for beer lovers next month as the St. Louis Brewers Heritage Festival takes place June 5-6. Visit stlbrewfest.com. THE ASSOCIATED PRESS

Budget-friendly destinations

TheTravelJunkie

metronews.ca/traveljunkie

JULIA DIMON/FOR METRO CANADA

The quaint, church-centric town of Leon is one of the many affordable destinations in Nicaragua.

These days, many travellers are shying away from spending money on elaborate trips. But travel doesn't have to be a luxury only the rich can afford — many destinations around the world offer incredibly good value. For the traveller who's big on adventure but short on cash, here are my top picks for countries that will give you more bang for your buck.

Nicaragua

The poorest but arguably one of the most beautiful countries in Latin America, Nicaragua boasts active volcanoes, pristine crater lakes, fair trade coffee farms and some of the best surfing in the region. The cost of living is very reasonable with chilled Tonia beers for the equivalent of $1 each and tasty traditional meals (fried rice and red beans, deep fried cheese, corn tortillas and fresh salad) for about $5.

Bigfoot Hostel, bigfootnicaragua.com, a chill backpacker hangout in the quaint colonial town of León, offers private rooms. Its easy-going vibe, free wireless Internet, indoor swimming pool and hordes of Swedish students make Bigfoot an attractive spot.

With great value and a strong tourist infrastructure, the country is huge in the backpacker scene and is quickly becoming the "new Costa Rica."

Croatia

Europe is typically very hard on the budget, but if you must go, Croatia is one of your best choices. It will not only wow you with its charming towns and Adriatic coastal beauty, it'll please your wallet.

The big save is on accommodations. When I was exploring the island of Hvar, I stayed in a pension (complete with private room, bathroom, full board and garden patio) for about $50 a night. The Croatia National Tourism board's website, htz.hr, offers a list of small, family-run accommodations all over the country, from romantic Dubrovnik to the baroque-rich capital Zagreb.

Bolivia

From La Paz, travel by bus to the Incan hotspot of Copacabana, a tourist gateway between the inspirational shores of Lake Titicaca and Peru's Cuzco. With inexpensive eats and affordable souvenirs, Copacabana has great deals for the budget traveller.

Stay at the Hotel Rosario del Lago, the nicest accommodations in the city with beautiful views of the lake, for prices as low as $50 a night; hotelrosario.com.

With the money you've saved, you'll be able to afford an adrenaline-soaked bicycle adventure down the "world's most dangerous road." For the equivalent of $100, Gravity Assisted Mountain Biking offers day trips speeding downhill along twisted roads; gravity bolivia.com.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

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Rihanna cancels concert

Rihanna has cancelled her planned May 28 comeback concert in Dubai, which was set to be her first performance since her February incident with ex-boyfriend Chris Brown, according to the Sun. METRO WORLD NEWS

Entertainment

Playboy offer

Heidi Montag will reportedly earn $500,000 US if she chooses to pose for Playboy magazine, according to Hollyscoop. Montag is keeping mum about it, but Hugh Hefner says "I think she will..." METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

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SONY MUSIC PHOTO

Lost In City Lights is the debut full-length album from Montreal's dance-rock group The New Cities.

Bright Lights, New Cities

Dance-rock group seeks success outside of Quebec

BRIAN TOWIE
Metro Canada

'Today Canada, tomorrow the world' pretty much sums up The New Cities' ethos.

The six dance-rockers from Montreal certainly have the backing to make a decent go of it. Their recently released disc Lost In City Lights is one of the latest in a tsunami of dance-rock acts currently out there — keyboards and guitars form the one-two punch over the dancehall rhythms.

But this group in particular attracted some credible help such as producer Greig Nori (Treble Charger, Sum 41) and Dave Ogilvie (David Bowie, Nine Inch Nails), who both added a big-label polish to a sound that belies the grit and elbow grease of their first independent EP.

"At first we had a hard time trying to find the right balance between both because guitars and synths aren't easy to mix together," says keyboardist Nicolas Denis, adding Lost In City Lights had been in production since 2006. "The EP we released was a lot more indie — kind of like a first draft of what we wanted to do with the band. They (Nori and Ogilvie) brought this pop sensibility that we didn't have."

It's an ambitious agenda for the young sextet compared to their humble beginnings some three years ago, playing to Trois-Rivieres high-schoolers as fourman ska-punk outfit the Gamblers. The band was a kind of prototype for the future electro-pop vehicle. Exit the Specials, enter the Faint and Death From Above 1979 as sonic svengalis.

"It was kind of a school for us," says Denis. "Our first everything — tour, gigs, and van were through that band. We wanted to keep it dancey but do something different, the kind of stuff we were into."

Denis admits the band had some misgivings about performing outside their native Quebec, saying that in the past, acts that would be a top draw there would hit an odd sort of Peter Principle in other provinces. Different days, now that Quebec acts gain international attention — and he'll be the first to acknowledge it.

"The mentality is really starting to change," Denis said. "When you start to play music in Quebec, especially if you sing in English, it just seems more like a dream than a possibility. But you have these role models, you see the people who make it and you begin to believe you can do that too."

"You have these role models, you see the people who make it and you begin to believe you can do that too." Nicolas Denis

New Cities live

- You can catch New Cities at The Mod Club on May 30.

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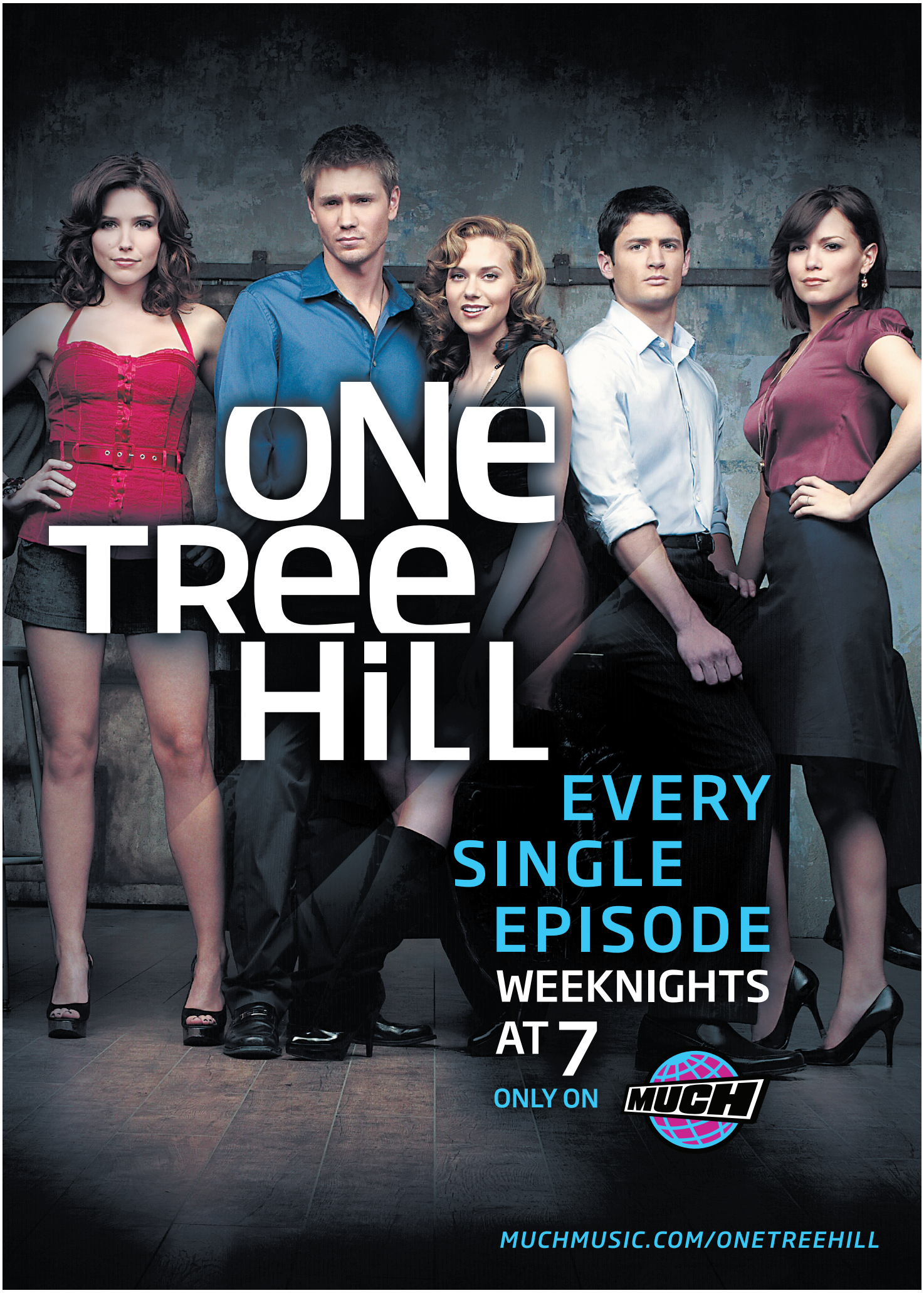
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"With age I started gaining weight, which I really didn't like. I tried to hide it with baggy clothes, but I was still very determined to lose the weight.

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Laura M., Sweden

DID YOU KNOW?

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Recent studies have documented the effect of green tea on body fat. A clinical trial, published in the medical journal Obesity, showed that green tea reduces body fat, without need for any lifestyle changes.

The study included 240 men and women and ran 12 weeks. The conclusion was that for all subjects, body weight, BMI and body fat mass was significantly reduced in only 12 weeks, simply by taking green tea extracts.

DOES CHILI PEPPERS BURN FAT?
Chili has a very beneficial effect on weight loss. It creates heat, which burns calories. Researchers at Oxford University have shown that Chili triggers a thermodynamic burn that can last up to five hours after eating. This process speeds up the metabolism and melts calories while preventing new fat storage.

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Pontiac reaches end of road as pop culture icon

It could crash through burning buildings, make a fool of any number of small-town Southern sheriffs, help save the world from giant robots, even take criminals off to jail while engaging in witty repartee with its driver.

NBC FILE PHOTO/ASSOCIATED PRESS

David Hasselhoff, star of Knight Rider, points to the back of his modified black 1982 Pontiac Trans Am, known on the show as KITT.

In the end, about the only thing a Pontiac automobile couldn't do anymore was persuade enough people to keep buying it.

So General Motors announced last week that it is killing off the Pontiac brand, maker of muscular, noisy, gas-guzzling V-8-powered vehicles immortalized in song and movies for the way they seemed to shout to every other car on the block: "Out of the way, pipsqueak!"

When Burt Reynolds needed to outrun Jackie Gleason's bumbling Sheriff Buford Justice across the South in the 1977 movie Smokey and the Bandit, he chose a black Pontiac Trans Am. When he needed a car to crash through burning buildings in Hooper, it was a red Trans Am.

On TV, the star of the hit 1980s series Knight Rider wasn't really David Hasselhoff, it was his talking Pontiac. When Jim Garner's private eye Jim Rockford needed to hit the road to solve a crime, he didn't get behind the wheel of a Ford Mustang or a Chevrolet Camaro. He chose a Pontiac Firebird. For a time, the Monkees rode around in a tricked-out GTO.

Sometime in the '80s, however, the love affair began to fade.

Car enthusiasts speculated this week whether it was changing tastes, the move toward more environmentally sensitive cars or perhaps Pontiac's inability to keep coming up with new signature muscle cars that was to blame.

Pontiac's more recent contributions to America's automotive efforts included the very uncool Aztek, a chunky vehicle that looked like an SUV that tried to squeeze under a low-clearance bridge.

Jim Mattison, whose Pontiac Historic Services provides information on the model to collectors, noted that for whatever reason the company hadn't produced anything to capture the public's imagination in a long time.

"In 1963, they came out with this wonderful car called the GTO, then the Firebird in 1967, and then that evolved into the Trans Am," Mattison said. "The momentum kept on building until more recent years."

Pontiac, however, will live on, at least in museums (there's a 1939 Woody on display at the Petersen), in private collections (Mattison owns more than a few himself).

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Stiller on scams
Ben Stiller has signed up to direct Help Me Spread Goodness, a drama revolving around a Chicago banker who gets caught in an email scam. FEMALEFIRST.CO.UK

Edwards opens up about husband's affair on Oprah

Elizabeth Edwards tells talk show host Oprah Winfrey that it's a "complicated question" if she still is in love with her husband, former presidential candidate and U.S. Senator John Edwards, after his admitted affair.

In an episode of The Oprah Winfrey Show to air tomorrow, Winfrey asks Edwards, "Are you still in love with him?"

Edwards responds, "You know, that's a complicated question," in an excerpt provided in advance to The Associated Press by Harpo Productions.

Winfrey also asks Edwards, `"Is it a day by day thing?" And Edwards says, "Neither one of us is out the door so I guess it's day by day, but maybe it's month by month."

The talk-show host visited the Edwards family at the Chapel Hill, N.C., home where the couple live with their children, Cate, Jack and Emma Claire.

Winfrey interviewed Elizabeth Edwards about her relationship with her husband, his affair and her battle with terminal cancer. The interview will appear on Winfrey's television show and there will be a companion piece in the June issue of O magazine.

Elizabeth Edwards' memoir Resilience is to be published this month.

A Harpo spokeswoman said the only caveat to the interview was that Winfrey could not mention John Edwards' mistress, videographer Rielle Hunter, by name.

Winfrey also spoke with John Edwards, however excerpts of his interview were not provided.

John Edwards went public with the affair in August after the National Enquirer reported he was the father of Hunter's daughter. He has denied paternity. Elizabeth Edwards addressed that speculation with Winfrey.

"That's what I understand," Edwards said. "I've seen a picture of the baby. I have no idea. It doesn't look like my children but I don't have any idea."

She also describes Hunter as being different from both her and her husband. "We're basically old-fashioned people," Edwards said in O magazine. "So, this was a pretty big leap for him. Maybe it's being so different is what was attractive."

Edwards wrote in her new book that news of her husband's affair made her cry, scream and throw up in a bathroom. She told Winfrey she had asked her husband for one gift when they were married 31 years ago.

"I wanted him to be faithful to me," Edwards said. "It was enormously important to me."

THE ASSOCIATED PRESS

"Are you still in love with him?"
Oprah

"You know, that's a complicated question."
Elizabeth Edwards

In brief

SCANDAL Miss California Carrie Prejean says a website has posted racy photos of her in an attempt to belittle her Christianity. "Recently, photos taken of me as a teenager have been released surreptitiously to a tabloid website that openly mocks me for my Christian faith," Prejean said yesterday in a statement.

AWARDS Billy Elliot, the season's biggest musical hit with Montreal-born David Alvarez as one of three rotating stars in the title role, dominated the 2009 Tony Award nominations Tuesday, picking up 15, more than any other show. Based on the popular British movie, the show features a coal miner's son who dreams of becoming a dancer.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

TO	Vu	SC		C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/6/09	265	353	2	TVO	Lemur Street	Lemur Street	The Agenda With Steve Paikin		New Tricks		Daddy Tran: A Life in 3-D		Agenda-Paikin
primetime	211	331	3	GTV	ET Canada	Entertainment	Lie to Me "Blinded" (N)		Bones (HDTV PA) (N)		(10:02) The Unusuals		News
	215	343	4	OMN1	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	NHL Hockey: Eastern Conference Semifinal Game 3 -- Capitals at Penguins						CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Scrubs "My Finale" (N)		Friends	Less-Kind	Murdoch Mysteries (HDTV)		News (N)
	212	313	8	CTV	etalk	Hollywood	Criminal Minds (N)		American Idol		CSI: NY "Greater Good"		News (N)
	218	345	11	E!	The Insider (N)	E! News	Better Off Ted	Better Off Ted	Janice Dickinson Modeling		Running-Heels	Kardashians	News (N)
	137	763	13	TFO	Panorama		Destination Nor'Ouest (SC)		*Le Rivage des murmures* (2004, Drame) Beatriz Batarda.				La Dynamique
	-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*Double Cross* (2006, Suspense) Yancy Butler.				To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	Old Christine	Gary Unmarr	Criminal Minds (N)		CSI: NY "Greater Good"		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order "All New"		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Scrubs "My Finale" (N)		Lost "Follow the Leader"		(10:02) The Unusuals		News (N)
	219	346	20	ACH-B	Instant Star	TMZ (N)	America's Next Top Model (N)		Lost "Follow the Leader"		Law & Order "All New"		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Lie to Me "Blinded" (N)		American Idol		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Mulberry	The Moody Blues at the Royal Albert Hall				400 Years of the Telescope		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	America's Next Top Model (N)		90210 (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV) (N)		WBZ News (N)	What's-Store	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Next Model
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		American Greed		On the Money		Mad Money
sports	405	417	22	net	Billiards: U.S. Open Nine-Ball		Soccer: Nutrilite Canadian Championship				MLB Baseball: Blue Jays at Angels		
	400	400	30	TSN	That's Hockey	NHL Hockey: Eastern Conference Semifinal Game 3 -- Bruins at Hurricanes					SportsCentre	NBA Basketball	
	411	457	58	OLN	Dog: The Family Speaks		Departures		Mantracker	Mantracker	Dog: The Family Speaks		Departures
	417	406	81	SC	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes	Pinks	Pass Time	Wrecked	Wrecked	Pimp My Ride
family	551	542	25	YTV	In Real Life "The Circus"		Malcolm-Mid.	Futurama	Karaoke Star Junior		Falcon Beach (DVS)		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	Father of Pride	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Grocery	Grocery	Supersize vs. Superskinny		Stuck (N)	Maxed Out	Maxed Out
	570	580	29	MM	One Tree Hill		disBand	disBand	Video on Trial	Video on Trial	Instant Star	Instant Star	One Tree Hill
	615	520	31	A&E	CSI: Miami "Collision"		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Exterminators	Exterminators
	700	800	35	TLN	Centrovetrine	Sky TG 24	Extralarge 2				Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Gimme Sugar	Gimme Sugar	Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Living, Dream	Tara Diaries	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	CMT 4 Tracks
	616	521	39	SHO	The Outer Limits		Cashing In	About a Girl	G-Spot	Cock'd Gunns	The Starter Wife (HDTV)		House
	620	523	40	BVO	The Achievers	Landscape	Arts & Minds	Bravo!Videos	Wingfield	Wingfield	Southland "Two Gangs"		Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	ET Canada
	522	506	43	HIS	NCIS "Judgment Day"		Outlaw Bikers		Ice Road Truckers		NCIS "Judgment Day"		Marine Mach.
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Jon Dore Show	Demetri Martin	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Big City Broker	The Stagers	Unsellable	Hid Potential	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	*The Long Kiss Goodnight* ★★★ (1996, Action) Geena Davis.					Seinfeld	Family Guy
	576	582	49	BET	106 & Park	Access	*King's Ransom* ★ (2005, Comedy) Anthony Anderson.				The Game	The Game	*King's Ransom*
	627	528	50	SPC	Stargate Atlantis (DVS)		*Star Trek: Insurrection* ★★ (1998, Science Fiction)				Watchmen	The Circuit	Stargate SG-1
	581	566	52	MTV	Room Raiders	After	Canada's Next Top Model		Fantasy Fact.	Nitro Circus	Real World-Road Rules		MTV Live
	618	524	54	TROP	Vanity Insanity	Ad Persuasion	Ad Persuasion	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56	FOOD	Chef at Home	Fresh-Anna	Diner, Drive-In	Diner, Drive-In	Iron Chef America		Ultimate Recipe Showdown		Opening Soon
	261	394	60	V	Murder, She Wrote		Keeping Up	Foot in Grave	All About George (N)		Driven-Vision	Supernatural	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	100 Sexiest Stars		The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Big Comfy	Big & Small	Max & Ruby
	115	711	101	TVA	Poule-oeufs or	Marché	Collection "Les Rondes" (SC)		Nos étés (HDTV Partie 6 de 8)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Medium		Medium		Mediums	Psychic Det.	Mediums
	300	601	301	M1	(6:45) *A No-Hit, No-Run Summer* ★★			Tracey Ullman	*A Mighty Heart* ★★★ (2007, Docudrama) Angelina Jolie.				*Gone Baby*
	305	612	306	PIX	*The Swarm*	(7:20) *Wicked Minds* (2002, Suspense)			*El Mariachi* ★★★ (1992, Action)			*Absolon* ★ (2003)	

critics' corner

Scrubs
Is there such a thing as a "cult smash"? Any hospital patient would be blessed to have the longevity of this hilarious sitcom, which ran seven years on NBC before being canceled, then another season here on ABC. Tonight marks its season finale on the Alphabet Net. Series finale, too? Maybe, but don't look for a flatline just yet. The docs at Sacred Heart have come back from the dead before! Zach Braff and Donald Faison star. 8 PM on ABC

The New Adventures of Old Christine
Physician, heal thyself. And gym owner, trim thyself. While helping Matthew (Hamish Linklater) lose some weight, Christine (Julia Louis-Dreyfus) tries to shed a few extra pounds that she's acquired ... and she can't. While it's true that after a certain age, it's harder to take weight off, this is especially embarrassing for Christine since she owns a fitness center. Clark Gregg also stars in the new episode "He Ain't Heavy." 8 PM on CBS

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Does Matt Damon get any glory?
Sarah Silverman's fake hookup with Matt Damon is still paying off. The comedian's hit viral music video, I'm F—ing Matt Damon, which won her an Emmy in September, has now netted her a best actress Webby award. PEOPLE.COM

Celebrity Buzz

Kate to pen first book

JUICY DETAILS Kate Moss is writing an autobiography, femalefirst.co.uk reports.

British businessman Richard Branson has revealed Virgin Books, in which he owns a 10 per cent stake, has agreed to publish the 35-year-old supermodel's first book.

Branson refused to confirm the tome's release date, but said it would be a no-holds-barred account of Moss' life and would contain anecdotes about her celebrity friends.

He said: "It's going to make an exciting read."

The catwalk star will reportedly receive nearly $2 million to pen the book, which Branson is convinced will become an instant bestseller.

The tome is expected to reveal intimate details about Moss' drug abuse, her breakup from Babyshambles rocker Pete Doherty and the recent allegations that she cheated on current boyfriend Jamie Hince with Eve Berlin from American band Living Things last year.

METRO NEWS SERVICES

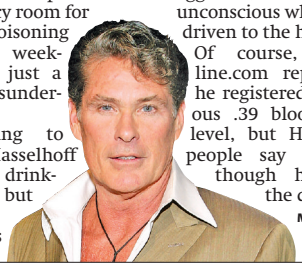
Hoff wasn't that drunk

DRINKING It turns out David Hasselhoff's trip to the emergency room for alcohol poisoning over the weekend was just a big misunderstanding.

According to TMZ, Hasselhoff had been drinking, but nowhere near as much as the original story suggested, and he was not unconscious when he was driven to the hospital.

Of course, radaronline.com reports that he registered a dangerous .39 blood alcohol level, but Hasselhoff's people say he's fine, though he regrets the drinking.

METRO WORLD NEWS



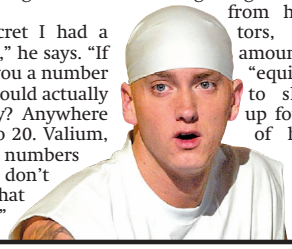
Eminem's drug battle

ADDICTION Eminem opens up about his struggle with prescription drugs to Vibe magazine.

"It's no secret I had a drug problem," he says. "If I was to give you a number of Vicodin I would actually take in a day? Anywhere between 10 to 20. Valium, Ambien, the numbers got so high I don't even know what I was taking."

The rapper even admits that at one point he was getting methadone from his doctors, in amounts "equivalent to shooting up four bags of heroin."

METRO WORLD NEWS



Spears' boyfriend to get wrist slap?

JAIL TIME He's out of the hospital, but Casey Aldridge must now deal with the legal implications of his recent truck crash, people.com reports.

Aldridge — better known as Jamie Lynn Spears' boyfriend and the father of their 10-month-old daughter Maddie — was charged with careless operation of a motor vehicle after he drove off a road into a ditch and flipped his F-250 pickup truck on April 26.

According to Louisiana criminal attorney Lester Gauthier, who is not involved with the case, the 20-year-old will face a fine of no more than $175 US and/or imprisonment for not more than 30 days.

"A typical sentence might be the fine plus court costs," says Gauthier. "He may not have a prison sentence. If he is given a prison sentence, it likely will be suspended." The suspension, he explains, would not be enforced if conditions — such as a driving course — are complied with and he does not get into further trouble during the probation.

"(Aldridge's) license would probably not be suspended," adds Gauthier, and the teen may not even need to appear in court.

METRO NEWS SERVICES

No marriage regrets: Jessica

NO REGRETS Jessica Simpson doesn't regret marrying Nick Lachey, femalefirst.co.uk reports.

The singer — who divorced Nick in 2005, after three years of marriage — is glad she was married, even though she hasn't spoken to her former husband "in years."

The 28-year-old singer also defended her decision to star in MTV reality show Newlyweds, insisting the show didn't destroy her marriage.

She said: "The show made me understand what marriage is, what love is, what commitment is. In all honesty, I believe it did not affect our marriage. Because we enjoyed watching those episodes, and that will always be a time I cherish."

Simpson — who was just 22 years old when she walked down the aisle — revealed she has been desperate to find a husband since she was a teenager.

She added to Vanity Fair magazine: "It was what we all wanted. Go to college, get married, and have babies. It was my way of thinking. At 16, every boyfriend I had I was going to marry."

METRO NEWS SERVICES

Jen's '80s fashion faux pas

BAD TASTE Jennifer Aniston used to wear a policeman's hat while partying, femalefirst.co.uk reports.

The actress — who is often voted the world's most stylish woman — admitted she made many fashion faux pas during the '80s when she regularly visited New York's all-night clubs.

She said: "I did have that period." Aniston went on to describe her favourite outfit, which consisted of ripped tights, boots, a police hat and "maybe a bra."

The 40-year-old actress — who also confessed to dancing on the clubs' podiums — added to talk show host Jimmy Fallon: "No one should have let us go outside like that."

Although her days of wild parties and fashion mistakes are over, Aniston recently admitted to worrying about something else — grey hairs.

The 40-year-old actress said: "I found a really long grey hair and it kind of flipped me out. It's not my first but it's the fact that it was so long. I was like, 'Oh that's been there. How many others are there, and what does that mean?' It actually brought me to tears slightly."

METRO NEWS SERVICES

Katy's cat wants 'Kitty Purry' flu

FLU FASHION Only Katy Perry could find just the right bling for a global pandemic, people.com reports.

"Since swine flu is super trendy I wanted to make sure I was in style with my swine flu ring" the singer writes on her blog. "I got this one in Miami at Big Drop the other day ... a flying piggy."

And if that's not silly enough, Perry relates a conversation about the swine flu she had with her cat (yes, her cat), whom she's named Kitty Purry.

"Kitty Purry was telling me the other night that she remembers when bird flu was in and now pig flu is cool and she wonders when kitty flu is gonna hit," writes Perry, "as she would like to be more popular than she currently already is. Fame whore."

METRO NEWS SERVICES

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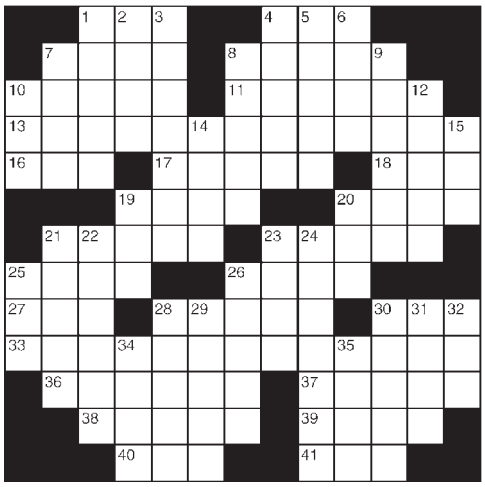


Crossword across

1 That woman
4 Gasoline stat
7 He gave us a lift
8 Hideaways
10 Sedative, for short
11 Recently
13 1967 suspense movie
16 Antiquated
17 Tittles
18 Fourth letter
19 Jason's carrier
20 Elite alternative
21 Cash storage structures
23 Gold measure
25 Calendar abbr.
26 Staffer
27 As well
28 Green sauce
30 Feathery accessory
33 Star of 13-Across
36 Pakistan city
37 Ballroom favourite
38 Red Square figure
39 Vortex
40 Sailor's assent
41 P.I.

Crossword down

1 Composed
2 Intimate
3 Knighthood candidate
4 Mario Puzo subject
5 Prescriptions, often
6 Alumnus
7 Kind of history or hygiene
8 Gambling game
9 Ancient arenas
10 Pair
12 Not slouching
14 Eggy quaffs
15 Mauna —
19 Sternward
20 Opposite of post-
21 Asian city
22 Footless
23 Charlie Brown's nemesis?
24 Took as one's own
25 RR stop
26 Wan
28 Indiana's state flower
29 High nest (Var.)
30 Type of pan
31 Unrestrained revelry
32 Year in Acapulco
34 Comical Caroline
35 Commanded

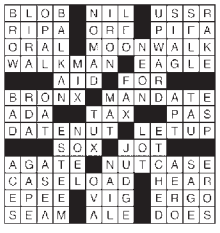
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		9						
	2			1		5	4	
	4	6			2	7		1
		7		6				
	8		7	9	1		6	
				5		9		
7		3	4			8	1	
	1	5		8			9	
						2		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	6	2	1	8	4	5	9	7
7	5	1	9	2	6	4	8	3
9	4	8	3	7	5	2	6	1
2	7	3	8	4	9	6	1	5
4	1	5	7	6	3	9	2	8
8	9	6	2	5	1	7	3	4
6	8	7	4	3	2	1	5	9
1	2	4	5	9	8	3	7	6
5	3	9	6	1	7	8	4	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken and Mushroom Pie

INGREDIENTS:

1 tbsp (25 ml) butter
3 1/4 cups (800 ml) button mushrooms, halved
1 1/4 cups (300 ml) cream cheese
2/3 cup (150 ml) 1% milk
1/2 tsp (2 ml) hot English or Dijon mustard
3 1/3 cups (825 ml) diced cooked chicken
2 tbsp (25 ml) snipped fresh chives
salt and freshly ground black pepper
1 sheet pre-made puff pastry

METHOD:

1. Put baking tray in oven and preheat to 400 F (200 C).
2. Melt butter in large frying pan over moderately low heat. Add mushrooms and gently cook, stirring occasionally until tender, 4–5 minutes.
3. Put cream cheese in large bowl and lightly beat until softened.
4. Reserve 1 1/2 tbsp (20 ml) milk; pour rest into bowl with cream cheese along with mustard. Stir into thick sauce.
5. Add chicken, chives and mushrooms with juices to creamy sauce. Season to taste with salt and freshly ground black pepper, then spoon mixture into 4-cup pie dish. Place pie funnel or upturned ovenproof china egg cup, in middle of filling to support pastry lid.
6. Roll out pastry on lightly floured surface until about 2 in. (5 cm) larger all round than pie dish. Cut off 1 1/4-in. (3-cm) strip around the edge of pastry sheet, then press this strip onto rim of pie dish. Lightly brush with water, then lay pastry lid on top, pressing edges together to seal.
7. Trim excess pastry, pinch to seal, then flake the edges: Hold sharp knife horizontally to side of pastry edge and make shallow cuts all around. Re-roll pastry trimmings and cut out leaf shapes to decorate and stick onto the pastry lid with a little reserved milk. Glaze all over with remaining milk and cut two slits in top for steam.
8. Place pie dish on hot baking tray and bake 25–30 minutes, or until pastry is nicely puffed and golden brown. Let stand 5 minutes before serving, sprinkled with pepper.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
A crazy person brings a crisis to a head. A strong supporter breaks the rules. Indecision will cause some very bad dreams.

TAURUS ♉
APRIL 21-MAY 21
An impressive person shows you how to increase your income. Avoid signing any binding contracts. A girl makes annoying plans.

GEMINI ♊
MAY 22-JUNE 21
Stay away from a thrilling conflict. Don't move stuff around after dark. A troubled teenager needs to avoid conflict.

CANCER ♋
JUNE 22-JULY 22
A creepy guy is involved in maniacal outbursts. A wiser man regrets hurtful actions. Secret desires will reveal insecurity.

LEO ♌
JULY 23-AUG 23
A contented caller shares feelings and talks about daydreams. Time passes very quickly. A captivating man has plenty of money.

VIRGO ♍
AUG 24-SEPT 22
Stories about memory problems have lost their charm. A pompous colleague just won't go away. Don't speak until innocence is revealed.

LIBRA ♎
SEPT 23-OCT 23
A fashionable woman won't complain or explain. A persuasive person's achievements will be great. A hopeless situation affects your choices.

SCORPIO ♏
OCT 24-NOV 22
An innocent person is uncertain about life. Be specific about your needs when love is in the air. A snob helps someone who is just starting out.

SAGITTARIUS ♐
NOV 23-DEC 21
You're surprised after justice is done. Speak the truth and challenge a lame excuse. Be kinder to the dreary people.

CAPRICORN ♑
DEC 22-JAN 20
A female takes more time than you expected. You have the energy to confront a problem. Expect a gift from a selfish friend.

AQUARIUS ♒
JAN 21-FEB 18
An astounding player has lost a battle. You've come to terms with a problem. You'll be surprised by getting a bonus.

PISCES ♓
FEB 19-MARCH 20
You'll give someone a second opinion. Stay away from people who are in denial. A procrastinator isn't a loyal friend.

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CITY: 7.3 L/100KM 39 MPG

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